

# Nutrients for Beauty Quiz: Test Your Knowledge!

**Instructions:** Answer the following questions to see how well you know your beauty-boosting nutrients.

**1. Which nutrient is the main structural protein found in skin, hair, and nails?**

- a) Vitamin C
- b) Biotin
- c) Collagen
- d) Omega-3 fatty acids

**2. Which of the following foods is a good source of collagen?**

- a) Bone broth
- b) Oranges
- c) Spinach
- d) Almonds

**3. Biotin is essential for:**

- a) Strong bones
- b) Healthy hair and nails
- c) Improved vision
- d) Blood sugar control

**4. Which vitamin is crucial for collagen production and protects the skin from sun damage?**

- a) Vitamin A
- b) Vitamin B12
- c) Vitamin C
- d) Vitamin D

**5. Which of the following is NOT a good source of antioxidants?**

- a) Berries
- b) Green tea

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- c) Dark chocolate
- d) White bread

## 6. Why is hydration important for beauty?

- a) It helps maintain skin elasticity and plumpness
- b) It flushes out toxins
- c) It promotes hair growth
- d) All of the above

## 7. Which of the following foods is NOT rich in water content?

- a) Watermelon
- b) Cucumber
- c) Avocado
- d) Almonds

## 8. True or False: You can get all the nutrients you need for beauty from a balanced diet.

- a) True
- b) False

## 9. Which mineral is important for strong nails and hair growth?

- a) Calcium
- b) Iron
- c) Zinc
- d) Magnesium

## 10. What is the active compound in turmeric that has anti-inflammatory and antioxidant properties?

- a) Lycopene
- b) Curcumin
- c) Gingerol

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- d) Resveratrol

## Answers

1. c
2. a
3. b
4. c
5. d
6. d
7. d
8. a
9. c
10. b

## Scoring

- **9-10 correct:** Beauty Guru! You know your nutrients inside and out!
- **7-8 correct:** You're glowing with knowledge! Keep learning about nutrition for beauty.
- **5-6 correct:** Time to nourish your beauty knowledge! Review the article for more tips.
- **0-4 correct:** Don't worry, we're here to help you unlock your inner and outer radiance!

## Call to Action:

- Share your quiz results and any questions you have in the comments below!
- Download our "Glow-Getter Smoothie" recipe for a delicious and nutritious beauty boost.

**Remember:** Beautiful skin, hair, and nails start with nourishing your body from the inside out. Embrace these beauty-boosting nutrients and shine bright!