

Sample Multiple Choice Questions
M. Sc. Semester I - Branch IA - Foods, Nutrition & Dietetics (2020-2021)

PSHSI101 - Research Methods and Biostatistics – Paper I

- Instructions:
1. Attempt any 8 out of 10 given MCQs
 2. Each MCQ is of 1.5 marks
 3. Read each statement carefully and mark any one option out of the four options that you think is the correct answer
 4. No negative marking for wrong answers

1. A sampling technique which is mostly used in pilot studies:

- a. Convenience sampling
- b. Simple random sampling
- c. Quota Sampling
- d. Stratified sampling

Correct Option “Answer a”

2. Which of the following is an example of a cross-sectional survey?

- a. Effect of an exercise programme on obesity in school children in Pune
- b. Impact of an intervention with a high fibre diet on obesity in school children in Pune
- c. Prevalence of obesity in school children in Pune
- d. Impact of a lifestyle modification programme on obesity in school children in Pune

Correct Option “Answer c”

3. The term used when participants name and other personally identifiable information is not collected at all in research:

- a. Anonymity
- b. Privacy
- c. Confidentiality
- d. Blinding

Correct Option “Answer a”

4. The following is an example of a cohort:

- a. Shoppers at a farmers market
- b. Milk samples with pesticide residues
- c. Systematic reviews on hypertension published from 2011 to 2021
- d. Postmenopausal women with ovarian cancer

Correct Option “Answer d”

5. The qualitative research strategy places a value on:

- a. Using numbers and measurements
- b. Generating theories through inductive research
- c. Conducting research of a high quality
- d. Using advanced statistical procedures

Correct Option “Answer b”

6. The level of measurement for ‘city of birth’ is:

- a. Nominal
- b. Ordinal
- c. Interval
- d. Ratio

Correct Option “Answer a”

7. Process of examining collected raw data to detect errors and omissions:

- a. Coding
- b. Classification
- c. Editing
- d. Tabulation

Correct Option “Answer c”

8. Example of data which can be classified according to class intervals:

- a. Food preference
- b. Weight
- c. Blood group
- d. Country of origin

Correct Option “Answer b”

9. The number of points generally included in a rating scale:

- a. 3-7
- b. 2-3
- c. 5-11
- d. 7-12

Correct Option “Answer a”

10. A major disadvantage of Randomized Control Trials:

- a. Very small sample size
- b. One time interaction with participants
- c. Recording participant observations
- d. Ethical concerns

Correct Option “Answer d”



PSHSIA102 - Advances in Nutritional and Clinical Biochemistry - I

- Instructions:
1. Attempt any 8 out of 10 given MCQs
 2. Each MCQ is of 1.5 marks
 3. Read each statement carefully and mark any one option out of the four options that you think is the correct answer
 4. No negative marking for wrong answers

1. Which of the compound is an acid mucopolysaccharide

- a. glycogen
- b. arabinose
- c. hyaluronic acid
- d. ribose

Correct Option “Answer c”

2. Example of fructosan is _____

- a. starch
- b. inulin
- c. chitin
- d. cellulose

Correct Option “Answer b”

3. This tripeptide functions as an important reducing agent in the tissues .

- a. Bradykinin
- b. Glutathione
- c. C-peptide
- d. Serotonin

Correct Option “Answer b”

4. What is the active form of Creatine in the body

- a. Hydroxy Creatine
- b. Creatine Monohydrate
- c. Phosphocreatine
- d. Creatine magnesium chelate

Correct Option “Answer c”

5. Following one is a saturated fatty acid

- a. Oleic acid
- a. Stearic acid
- b. Linoleic acid
- c. Linolenic acid

Correct Option “Answer b”

6. Sphingosine is

- a. Complex amino alcohol

- b. Unsaturated fatty acid
- c. Saturated fatty acid
- d. Sterol

Correct Option “Answer a”

- 7. Lipid synthesis occurs in ----- in the region of cell .**
- a. Cytosol
 - b. golgi body
 - c. mitochondria
 - d. ucleus.

Correct Option “Answer a”

- 8. ETC is located in -----**
- a. cytosol
 - b. mitochondria
 - c. rbc
 - d. EPR

Correct Option “Answer b”

- 9. ----- is a secondary messenger.in the cell.**
- a. glucose
 - b. c AMP
 - c. succinic acid
 - d. courier service

Correct Option “Answer b”

- 10. An enzyme acts by**
- a. Reducing activation energy
 - b. Increasing activation energy
 - c. Decreasing pH value
 - d. Increasing pH value

Correct Option “Answer a”

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PSHSIA103 - Nutritional Management of Chronic Degenerative Diseases

- Instructions:
1. Attempt any 8 out of 10 given MCQs
 2. Each MCQ is of 1.5 marks
 3. Read each statement carefully and mark any one option out of the four options that you think is the correct answer
 4. No negative marking for wrong answers

1. CBT is the basis for one of the following counselling theories

- a. Precede-Proceed Theory
- b. Social learning Theory
- c. Person Centered Therapy
- d. Gestalt Therapy

Correct Answer "a"

2. Ethnocentrism is-----

- a. Imitation of peers
- b. Prioritizing cultural beliefs
- c. Family influence
- d. Media effects on eating behaviour

Correct Answer "b"

3. One of the following is an orexigenic hormone

- a. Leptin
- b. CRF
- c. PYY
- d. NPY

Correct Answer "d"

4. When both parents are of normal total body weight, the chance of obesity in the offspring is-----

- a. 20 percent
- b. 15 percent
- c. 10 percent
- d. 5 percent

Correct Answer "c"

5. A clinical condition comprised of avoiding food, purging and bingeing is called-----

- a. Nausea
- b. Bulimia Nervosa
- c. Anorexia Nervosa
- d. Eating Disorder Not Otherwise Specified

Correct Answer "d"

6. The most reliable method of assessing body composition is-----

- a. Air displacement plethysmogram

- b. BIA
- c. Skin fold measurements
- d. WC

Correct Answer "a"

7. Platelet aggregation could be impaired by-----

- a. DHA
- b. MUFA
- c. SFA
- d. EPA

Correct Answer "d"

8. The recommended dietary protein content for a CVD patient is-----

- a. 8-10% of total calories
- b. 10-15% of total calories
- c. 15-20% of total calories
- d. 20-25% of total calories

Correct Answer "b"

9. The dietary constituent that reduces the endothelium derived relaxation factor is -----

- a. PUFA
- b. MUFA
- c. Sugars
- d. Saturated fat

Correct Answer "d"

10. Oxidation of LDL could be prevented by-----

- a. Vitamin E
- b. Zinc
- c. Vitamin C
- d. NO

Correct Answer "a"

PSHSIA104 - Maternal and Child Nutrition

- Instructions:
1. Attempt any 8 out of 10 given MCQs
 2. Each MCQ is of 1.5 marks
 3. Read each statement carefully and mark any one option out of the four options that you think is the correct answer
 4. No negative marking for wrong answers

1. **Presence of protein in the urine during pregnancy may indicate ____**
- a. Electrolyte imbalance
 - b. Diabetes Mellitus
 - c. Pregnancy Induced Hypertension
 - d. Pre-Eclampsia

Correct answer: option “d”

2. **Maternal deficiency of ____ may cause Cretinism in the offspring**
- a. Magnesium
 - b. Iron
 - c. Iodine
 - d. Calcium

Correct answer: option “c”

3. **____ is an iron containing protein found both in colostrum and mature milk**
- a. Ferro-portin
 - b. Ceruloplasmin
 - c. Ferrous-Sulphate
 - d. Lactoferrin

Correct answer: option “d”

4. **ELBW babies generally weigh less than ____grams**
- a. 1500
 - b. 1400
 - c. 1200
 - d. 1000

Correct answer: option “d”

5. **The secondary circular reactions develop in the infant at the age of__.**
- a. 8-10 months
 - b. 1-3 months
 - c. 4-8 months
 - d. 12-15 months

Correct answer: option “c”

6. **Transitional feeding is also known as ____**
- a. Complementary feeding
 - b. Feeding Human Milk Substitutes
 - c. Supplementary Feeding
 - d. Bottle feeding

Correct answer: option “a”

7. **The equivalent of 60mg of elemental iron is__.**
- a. 100mg of Ferric Citrate
 - b. 400mg of Ferrous Sulphate
 - c. 280mg of Ferrous Fumerate
 - d. 500mg of Ferrous Gluconate

Correct answer: option “d”

8. **Children who are born SGA and show catch-up growth have a greater risk of developing__ in later life**
- a. Cough & Cold
 - b. Covid-19
 - c. CVD & Metabolic diseases
 - d. Chronic Allergies

Correct answer: option “c”

9. **Complication of cord compression may lead to all except one of the following**
- a. Cord Prolapse
 - b. Fetal Distress
 - c. Placenta Abruption
 - d. Rh incompatibility

Correct answer: option “d”

10. **Autism is one of a group of Neurodevelopmental disorders known as__**
- a. Pervasive Developmental Disorders
 - b. Preventive Developmental Disorders
 - c. Persistent Developmental Disorders
 - d. Polymorphic Developmental Disorders

Correct answer: option “a”



PSHSIA105 - Food Science and Processing

- Instructions:
1. Attempt any 8 out of 10 given MCQs
 2. Each MCQ is of 1.5 marks
 3. Read each statement carefully and mark any one option out of the four options that you think is the correct answer
 4. No negative marking for wrong answers

1. What is HLB value?

- a. Hydrogen linolenic bond
- b. High lipophilic bond
- c. Hydrophilic lipophilic balance
- d. Hydrogen lipophilic bond

Correct answer: option “c”

2. During the processing of foods for preservation, efforts are made to reduce the available water in the finished product to:

- a. Less than 1
- b. Less than 0.95
- c. Less than 0.9
- d. Less than 0.85

Correct answer: option “d”

3. Which of the following statements are true about candies?

- i. Amorphous candies are boiled until they reach a higher concentration of sugar than crystalline candies
 - ii. The mixture for making crystalline candies is boiled at a lower temperature than that used for amorphous candies
 - iii. The mixture for making amorphous candies is cooled to about 45°C before agitation
- a. i) and ii)
 - b. ii) and iii)
 - c. i) and iii)
 - d. i), ii) and iii)

Correct answer: option “a”

4. Lecithin is used in foods as a:

- a. Stabilizer
- b. Emulsifier
- c. Anticaking agent
- d. Flavour enhancer

Correct answer: option “a”

5. The toxin that can be formed by Clostridium botulinum is destroyed by :

- a. a 10-min exposure to dry heat at 100°C
- b. a 10-min exposure to moist heat at 100°C
- c. an 8-min exposure to dry heat at 100°C
- d. an 8-min exposure to dry heat at 100°C

Correct answer: option “b”

6. **A pressure of approximately 20psi in a retort would result in steam at _____ temperature.**
- a) 110° C
 - b) 116° C
 - c) 121° C
 - d) 127° C

Correct answer: option “d”

7. **Which of the following are advantages of concentrated foods?**

- i) Ease in packaging and storage
 - ii) Low in moisture, less bulky
 - iii) Texture closer to normal food than dehydrated food
- a. i) and ii)
 - b. ii) and iii)
 - c. i) and iii)
 - d. i), ii) and iii)

Correct answer: option “d”

7. **Which of the following is NOT used in Wheat Cleaning?**

- a) Scourer
- b) Aspirator
- c) Break rolls
- d) Impact entoleter

Correct answer: option “c”

9. **The temperature used for winterization of oil is:**

- a. Around 21°C
- b. Below 49°C
- c. Between 5 - 8°C
- d. At room temperature

Correct answer: option “c”

10. **A high protein product made from fish that has been used in feeding programs for children is:**

- a. Fish meal
- b. Fish fillets
- c. Fish protein concentrate
- d. Fish offal

Correct answer: option “c”
