

**Sample Multiple Choice Questions for T.Y. BSc. SEM VI
Branch I. Foods, Nutrition & Dietetics (Summer Session 2020-21)**

Subject: USHSI601 - Nutritional Biochemistry –II

Instructions:

1. Attempt any 8 out of 10 given MCQs
2. Each MCQ carries 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. Select the correct sequence of reactions in the beta-oxidation of fatty acid in the mitochondria:

- a. Oxidation, hydration, oxidation and thiolysis
- b. Hydration, oxidation, reduction and thiolysis
- c. Oxidation, dehydration, oxidation and thiolysis
- d. Dehydrogenation, hydration, reduction and thiolysis

Correct answer: option “a”

2. A lipid storage disorder that results in prolonged neonatal jaundice.

- a. Metachromatic leukodystrophy
- b. Niemann-Pick disease
- c. Fabry's disease
- d. Farber disease

Correct answer: option “b”

3. A defect or deficiency in the Hexosaminidase A enzyme gives rise to:

- a. Tay-Sachs disease
- b. Gaucher's disease
- c. Fabry's disease
- d. Niemann-Pick disease

Correct answer: option “a”

4. The addition of free fatty acid in the form of two molecules of fatty acyl-CoA to the free hydroxyl groups of glycerol phosphate to yield phosphatidic acid is carried out by the enzyme-

- a. Acyl CoA Synthetase
- b. Acyl CoA transferase
- c. Phosphatidic acid phosphatase
- d. Lysophosphatidic acid synthetase

Correct answer: option “b”

5. When half of the parental DNA molecule is conserved, paired with a newly synthesized complementary strand in each new double helix, the process is known as?

- a. Bidirectional replication
- b. Semi-continuous replication
- c. Semi-conservative replication
- d. Conservative replication

Correct answer: option “c”

- 6. Which of the following is a start codon?**
- a. AUG
 - b. UAG
 - c. UAA
 - d. UAU

Correct answer: option “a”

- 7. Thyroxine and triiodothyronine are derivatives of:**
- a. Glycine
 - b. Proline
 - c. Tryptophan
 - d. Tyrosine

Correct answer: option “d”

- 8. These are small proteins formed in the liver via stimulation of growth hormone and have a potent effect on increasing all aspects of bone growth.**
- a. Somatostatins
 - b. Somatomedins
 - c. Calmodulin
 - d. Clathrin

Correct answer: option “b”

- 9. A glucose transporter that is dependent on insulin for its function is_____.**
- a. GLUT5
 - b. GLUT2
 - c. GLUT4
 - d. GLUT6

Correct answer: option “c”

- 10. The normal range for bicarbonate in the blood is:**
- a. 12 to 16 mEq / L
 - b. 22 to 26 mEq / L
 - c. 32 to 34 mEq / L
 - d. 35 to 45 mEq / L

Correct answer: option “b”

USHSI602 - Clinical Nutrition and Diet therapy

Instructions:

1. Attempt any 8 out of 10 given MCQs
2. Each MCQ carries 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
5. Calculators and paper and pen can be used for calculations and rough work

1. Which of the following statements is incorrect for Barrett's Esophagus

- a) Foods with low pH will not harm as far as its bland
- b) Foods which are spiced have to be avoided
- c) Light tea can be consumed in small amounts
- d) Well cooked foods even if warm are well tolerated

Correct answer – Option a

2. Shanti is a 12 year old girl with a repeated GI infection. Which type of diarrhoea will she present with

- a) Osmotic +secretory diarrhoea
- b) Osmotic Diarrhoea
- c) Secretory diarrhoea
- d) Exudative diarrhoea

Correct answer – Option d

3. Which meal is a good choice on the FODMAP plan

- a) Rice and dal
- b) Chole rice
- c) Palak rice and onion raita
- d) Egg pulao and cucumber salad

Correct answer – Option d

4. Initial energy prescription for acute viral hepatitis is

- a) 30 -35 Kcals/kg Ideal body weight
- b) Calories according to physical activity and addition of 500 Kcals
- c) 60% of goal calories
- d) 25 -30 Kclas/kg bd wt

Correct answer – Option c

5. Which protein snack will give good quality protein and is most suitable for a patient in Grade 2 Hepatic Encephalopathy

- a) Soyabean tikki
- b) Baked chicken cutlets
- c) Grilled Salmon
- d) Egg fried with ghee

Correct answer – Option a

6. Which is a specific nutrient to be prescribed for a patient of cancer on chemotherapy with mucositis

- a) Folic acid
- b) Glutamine
- c) Vitamin D
- d) Retinol

Correct answer – Option b

7. What is the correct protein recommendation for a 10 year old child suffering from nephrotic syndrome + 6 gm urinary albumin excretion in 24 hours

- a) 1.2 - 1.5 gm/kg bd wt +6 gm protein
- b) RDA +6 gm protein excretion
- c) 1 -1.2 gm /kg body weight of protein +6 gm protein
- d) 1.5 - 2 gm /kg body weight of protein +6 gm protein

Correct answer – Option b

8. Which of the following is a good choice of breakfast for a patient of end stage renal disease with diabetes

- a) Sabudana Khichadi +1/2 cup tea
- b) Arrowroot gruel in water with jaggery
- c) Sabudana Khichadi +1 cup milk
- d) Arrowroot pudding in milk with sugar and nuts

Correct answer: option c

9. Which is the highest source of phosphorous

- a) Wheat Bran
- b) Poultry meat
- c) Fish
- d) Whole pulses

Correct answer: option b

10. Which of the following is the most dangerous to be given to a AKI Patient in severe maintenance phase due to severe dehydration and with raised serum potassium levels

- a) Cream of gourd soup
- b) Coconut water
- c) Lime water
- d) Clear chicken soup

Correct answer: option b

USHSI603 - Food Processing

Instructions:

1. Attempt any 8 out of 10 given MCQs
2. Each MCQ carries 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. An acid that is used as a preservative in aerated beverages:

- a. Propionic acid
- b. Phosphoric acid
- c. Sorbic acid
- d. Lactic acid

Correct answer: option "b"

2. Flowability of egg powder after spray drying is achieved by the use of:

- a. Silicon dioxide
- b. Sodium Chloride
- c. Hydrogen peroxide
- d. Monosodium glutamate

Correct answer: option "a"

3. Tempering of chocolate is done to achieve stability of:

- a. Fat crystals
- b. Colour
- c. Flavor
- d. Aroma

Correct answer: option "a"

4. Reduction of particle size of uncooked breakfast cereals:

- a. Reduces the cooking time
- b. Removes anti-nutritional factors
- c. Improves colour
- d. Improves aroma

Correct answer: option "a"

5. Soy sauce is made by mixing an equal quantity of soybeans along with:

- a. Rice
- b. Wheat
- c. Sorghum
- d. Bajra

Correct answer: option "b"

6. Skimmed milk is often fortified with:

- a. Vitamin A & D
- b. Calcium
- c. Protein
- d. Phosphorus

Correct answer: option "a"

- 7. Orange juice is concentrated in an evaporator to a level of:**
- a. 20 degrees Brix
 - b. 95 degrees Brix
 - c. 15 degrees Brix
 - d. 66 degrees Brix

Correct answer: option “d”

- 8. The preservative that is commonly added to tomato sauce:**
- a. Nisin
 - b. Dimethylpolysiloxane
 - c. Sodium benzoate
 - d. Propylgallate

Correct answer: option “c”

- 9. The grade of tea with the highest quality:**
- a. Orange pekoe
 - b. Souchang
 - c. Pekoe
 - d. Pure souchang

Correct answer: option “c”

- 10. The ingredient that is not a part of unshortened cakes:**
- a. Fat
 - b. Flour
 - c. Sugar
 - d. Eggs

Correct answer: option “a”



USHSI604 - Human Nutrition – Micronutrients and Functional Foods

Instructions:

1. Attempt any 8 out of 10 given MCQs
2. Each MCQ carries 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. As per ICMR, the RDA for thiamin is-----

- a. 0.4 mg/1000Cal
- b. 0.5 mg/1000Cal
- c. 0.6 mg/1000Cal
- d. 0.7 mg/1000Cal

Correct answer: option “b”

2. Conversion of pyruvate to lactate in glucose metabolism requires.....

- a. TPP
- b. FMN
- c. NADP
- d. NAD

Correct answer: option “d”

3. The amino acid present in Folic acid is

- a. Aspartic acid
- b. Glutamic acid
- c. Arginine
- d. Serine

Correct answer: option “b”

4. Avidin in egg impairs bioavailability of one of these vitamins

- a. Vitamin C
- b. Pyridoxine
- c. Biotin
- d. Retinol

Correct answer: option “c”

5. Thyroglobulin is a-----

- a. Lipoprotein
- b. Glycoprotein
- c. Phosphoprotein
- d. Amino acid

Correct answer: option “b”

6. Tetany is caused by deficiency of-----

- a. Iodine
- b. Calcium
- c. Phosphorus
- d. Zinc

Correct answer: option “b”

7. **Copper cannot be released into the circulation in this condition-----**
- a. BeriBeri
 - b. Flurosis
 - c. Wilson's disease
 - d. Menkes disease

Correct answer: option “d”

8. **Glutatione peroxidsase contains these two micronutrients**
- a. Copper and Zinc
 - b. Sodium and Potassium
 - c. Vitamin C and Iron
 - d. Vitamin E and Zinc

Correct answer: option “d”

9. **One of the following minerals is a constituent of cytochromes**
- a. Calcium
 - b. Zinc
 - c. Copper
 - d. Phosphorus

Correct answer: option “c”

10. **Food increases the absorption of one of the following group of drugs**
- a. Antibiotics
 - b. Antacids
 - c. Anti Osteoporotic drugs
 - d. Anti epileptic drugs

Correct answer: option “a”



USHSI605 - Nutritional Surveillance

Instructions:

1. Attempt any 8 out of 10 given MCQs
2. Each MCQ carries 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. The collection, analysis and interpretation of data on individuals or groups to detect the occurrence of certain events and their putative causes are known as_____.

- a. Health promotion
- b. Health Surveillance
- c. Census
- d. Data collection

Correct answer: option “b”

2. Microbiologic surveys which help in determining the antibiotic resistance among persons with invasive pneumococcal infections are example of_____.

- a. Sentinel
- b. Special
- c. Passive
- d. Active

Correct answer: option “b”

3. _____ is indicative of Stunting.

- a. Low height for age
- b. Low weight for height
- c. Low weight for age
- d. Small head circumference

Correct answer: option “a”

4. A chest/head circumference ratio of _____ between the ages of 6 months to 5 years are indicative of malnutrition.

- a. <1
- b. >1
- c. >2
- d. >3

Correct answer: option “a”

5. A written record of all the foods and beverages ingested over a given period of time is:

- a. Food Frequency Questionnaire
- b. Food Dairy
- c. Weighment method
- d. Dietary Recall

Correct answer: option “b”

6. **Weight for Height Z - score or BMI for Age Z - score of $> +2$ indicates which of the following:**
- a. Moderate Undernutrition
 - b. Severe undernutrition
 - c. Mild undernutrition
 - d. Obesity

Correct answer: option “d”

7. **_____ is an example of individual approach of Nutrition Communication.**
- a. Group discussion
 - b. Role play
 - c. Home visits
 - d. Seminars

Correct answer: option “c”

8. **Set of planned educational activities targeted at certain population groups and aimed at acquiring healthy nutrition behaviors is known as?**
- a. Nutrition Education
 - b. Behaviour Modification
 - c. Counselling
 - d. Behaviour Change

Correct answer: option “a”

9. **A good Communication for Behaviour Change strategy should consider all of these except _____.**
- a. Create awareness
 - b. Motivate people to change their habit
 - c. Results in necessary actions
 - d. Belittle a particular community’s eating habits

Correct answer: option “d”

10. **The National Family Health Surveys provide information on all of these except _____.**
- a. Fertility
 - b. Nutrition of men
 - c. Family planning
 - d. Infant and child mortality

Correct answer: option “b”

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USHSI606 - Entrepreneurship in Food Nutrition

Instructions:

1. Attempt any 8 out of 10 given MCQs
2. Each MCQ carries 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. Analysis of how a product or service can be sold at a profit, is undertaken as part of:

- a. Production feasibility study
- b. Financial feasibility study
- c. Market feasibility study
- d. Operational feasibility study

Correct answer: option "c"

2. Which of the following characteristics must a potential business venture have in order to be feasible:

- i) It should be able to withstand the risks it will encounter
- ii) It should be able to generate adequate cash-flow and profits
- iii) It should have export potential
- iv) It should have long-term viability

- a. i), ii) and iv)
- b. ii), iii) and iv)
- c. i), iii) and iv)
- d. i), ii) and iii)

Correct answer: option "a"

3. What is LEAST LIKELY to be included in the main body of a business plan?

- a. The form of ownership of the business
- b. Products/ services on offer
- c. Statement of purpose
- d. Current and projected financial statements

Correct answer: option "c"

4. The three basic objectives of product promotion are which of the following?

- i) To get market feedback about the product
- ii) To increase demand for the product
- iii) To present information to potential consumers
- iv) To differentiate a branded product from others

- a. i), ii) and iii)
- b. ii), iii) and iv)
- c. i), iii) and iv)
- d. i), ii) and iv)

Correct answer: option "b"

5. A product enters the maturity phase of its life cycle when:

- a. Sales grow slowly and demand stabilizes
- b. Sales drop
- c. Sales begin to increase
- d. Sales grow rapidly

Correct answer: option “a”

6. The advantages of training to the company include reduction in

- i) Need for supervision
- ii) Production costs
- iii) Absenteeism
- iv) Accidents

- a. i), ii), iii) and iv)
- b. i), ii) and iii)
- c. i) and ii)
- d. ii) and iii)

Correct answer: option “a”

7. Calculate the mark-up factor when deciding the selling prices of items on the menu if the owner wishes to maintain a 35% food cost percentage

- a. 0.35
- b. 2.9
- c. 3.5
- d. 6.5

Correct answer: option “b”

8. The financial remuneration given by an organisation to its employees in exchange for their expected work is known as

- a. Compensation
- b. Gratuity
- c. Bonus
- d. Fringe benefit

Correct answer: option “a”

9. Which of the given schemes was launched by PM Modi on 16th January 2016?

- a. Digital India
- b. Make in India
- c. Atmanirbhar Bharat Abhiyaan
- d. Start-up India

Correct answer: option “d”

10. _____ is an example of a fixed asset.

- a. Land and buildings
- b. Stock
- c. Owner's investment
- d. Retained profits

Correct answer: option “a”

