

**Sample Multiple Choice Questions**  
**Winter Session 2021 (January 2022)**  
**M. Sc. Semester III - Branch IA - Foods, Nutrition & Dietetics**

**Subject: Advances in Human Nutrition I (Theory)**

Instructions:

1. All MCQ'S have to be attempted
2. Each MCQ carries 1 mark
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 percentage of essential fat content with reference to body composition of an adult man is:
  - a. 10 percent
  - b. 12 percent
  - c. 7 percent
  - d. 3 percent

**Correct answer: option "d"**

2. The method of deriving nutrient requirements by studying the minimal loss of any nutrient or its metabolic product when the person is on a diet devoid of the nutrient under study is called as:
  - a. Dietary intake
  - b. Growth
  - c. Obligatory loss
  - d. Factorial approach

**Correct answer: option "c"**

3. In epigenetics DNA methylation commonly refers to the following:
  - a. Addition of a methyl group (CH<sub>3</sub>) to the cytosine or adenine bases
  - b. Addition of a methyl group (CH<sub>3</sub>) to the guanine base
  - c. Addition of a methyl group (CH<sub>3</sub>) to phosphate
  - d. Addition of a methyl group (CH<sub>3</sub>) to the sugar

**Correct answer: option "a"**

4. The study of changes in gene function that are mitotically and/or meiotically heritable and that do not entail a change in DNA sequence.
  - a. Nutrigenetics
  - b. Nutrigenomic
  - c. Epigenetic
  - d. Mutation

**Correct answer: option "c"**

5. This instrument is portable weighs 2.2kg and has both a volume meter and oxygen sensor to measure energy expenditure through indirect calorimetry.
- Kofrani-Michaelis respirometer
  - Cosmed K2
  - Douglas bag
  - Oxylog

**Correct answer: option “d”**

6. The dietary fibre considered as “gold standard” when it comes to fecal bulking is \_\_\_\_\_.
- Rice bran
  - Oat bran
  - Wheat bran
  - Ragi

**Correct answer: option “c”**

7. The study on gut microbiota in the regulation of host energy homeostasis reported the following gut microbiota composition in obese people as compared to non-obese:
- No change in proportion of Bacteroidetes
  - Higher proportion of Bacteroidetes
  - Lower proportion of Firmicutes
  - Higher proportion of Firmicutes

**Correct answer: option “d”**

8. Which one of these apoproteins is an activator of Lipoprotein lipase?
- Apo C I
  - Apo C II
  - Apo C III
  - Apo C IV

**Correct answer: option “b”**

9. A conditionally essential amino acid that is beneficial in major burn injuries in reducing infectious complications and mortality:
- Glycine
  - Cysteine
  - Aspartate
  - Glutamine

**Correct answer: option “d”**

10. Which of the following foods is a source of non-industrial trans fats in the diet?
- Ruminant milk and meat
  - Poultry fat and egg
  - Olive oil
  - Mustard seed oil

**Correct answer: option “a”**

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## **Subject: Clinical Nutrition and Therapeutic Dietetics**

### **Instructions:**

1. All MCQ'S have to be attempted
2. Each MCQ carries 1 mark
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 following needs to be avoided for Gluten Sensitive Enteropathy
  - a. Chicken cutlets
  - b. Gulab jamun
  - c. Both of the above
  - d. None of the above

**Correct answer – Option c**

2. Protein requirement for a cirrhosis patient recovered from Grade 3 encephalopathy is
  - a. 0.6 -0.8 gm/ kg bd. Wt
  - b. 0.8 -1 gm / kg bd. Wt
  - c. 1 - 1.2 gm/kg bd. Wt
  - d. 1.2 -1.5 gm/kg bd. Wt

**Correct answer – Option d**

3. The chronic disease condition with chronic pain is called
  - a. Spondylosis
  - b. Fibromyalgia
  - c. Neuropathy
  - d. Vit D deficiency

**Correct answer – Option b**

4. Which condition do we see in Addison's Disease
  - a. Hypokalemia
  - b. Hypernatraemia
  - c. Hyponataemia
  - d. Hyperkalaemia

**Correct answer – Option c**

5. Which of the following snacks is best suited for a malnourished patient with Barrett's Esophagus
  - a. High protein nut chikki
  - b. Roasted and puffed soyabean
  - c. Egnogg
  - d. Mashed potatoes with turmeric

**Correct answer – Option d**

6. Which of the following is not on the FODMAP list
- a. Peas
  - b. High Fructose Corn Syrup
  - c. Rice
  - d. Apples

**Correct answer – Option C**

7. Which of the following pathophysiology will not be seen in case of complete ileal resection
- a. B 12 deficiency
  - b. Massive steatorrhoea
  - c. Watery Diarrhoea
  - d. Exudative Diarrhoea

**Correct answer – Option d**

8. Which of the following is to be avoided in Acute viral hepatitis
- a. Chicken soup
  - b. Doodhi Halwa
  - c. Vegetables made in mustard oil
  - d. White Sauce

**Correct answer – Option c**

9. Which is a good snack for a patient of End stage liver failure in stage 2 hepatic encephalopathy
- a. Soya nugget stir fried
  - b. Soya granule baked cutlet
  - c. Nut and fruit milkshake
  - d. Egg Salad

**Correct answer – Option c**

10. What is the correct amount of Carbohydrates to be given for a patient of type I diabetes with hypoglycaemia
- a. 10 gm
  - b. 15 gm
  - c. 20 gm
  - d. 1 exchange of food group containing Carbohydrate

**Correct answer – Option b**



## **Subject: Nutritional Epidemiology**

### **Instructions:**

1. All MCQ'S have to be attempted
2. Each MCQ carries 1 mark
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. Nutritional epidemiology is the study of \_\_\_\_\_.
  - a. The disease prevalence in a particular area
  - b. The population and its dietary practices
  - c. The nutritional determinants of disease in human populations.
  - d. The nutrient intake in particular age group

**Correct answer: option "c"**

2. Funnel plot is used for which type of bias?
  - a. Publication Bias
  - b. Selection Bias
  - c. Detection bias
  - d. Performance bias

**Correct answer: option "a"**

3. Who observed that the mortality from childbed fever (puerperal fever) was lower in women attending clinic 2 run by midwives rather than in those attending clinic 1 run by doctors?
  - a. Kolletschka
  - b. David Hume
  - c. John Stuart Mill
  - d. Semelweis

**Correct answer: option "d"**

4. The primary method of dietary assessment used in epidemiological studies is \_\_\_\_\_.
  - a. Food Dairy
  - b. 24 hour recall
  - c. Weighment method
  - d. Food Frequency Questionnaire

**Correct answer: option "d"**

5. Identify the dependent variable in a study of disease prevalence among Black, White, Hispanic and Asian populations.
  - a. Age
  - b. Ethnicity
  - c. Migration
  - d. Literacy

**Correct answer: option "b"**

6. Epidemiological studies have established that women could substantially reduce their risk of bearing a child with a neural tube birth defect by increasing their intake of \_\_\_\_\_.
- a. Vitamin B6
  - b. Folic acid
  - c. Vitamin B 12
  - d. Iron

**Correct answer: option “c”**

7. A \_\_\_\_\_ caters a population of 80,000 in tribal/hilly areas.
- a. Tertiary Health Centre
  - b. Community Health Centre
  - c. Anganwadi
  - d. Secondary Health Centre

**Correct answer: option “b”**

8. In the international conference of Alma- Ata (1978) the goal of \_\_\_\_\_ by the year 2000 through the approach of primary health care was set.
- a. Equality for all
  - b. Health for all
  - c. Justice for all
  - d. Education for all

**Correct answer: option “b”**

9. All of these are MDG's except:
- a. eradicate extreme poverty
  - b. promote gender equality
  - c. universal primary education
  - d. controlling epidemics

**Correct answer: option “d”**

10. The \_\_\_\_\_ seeks to provide effective health care to the rural populace throughout the country with special focus on the States and Union Territories (UTs), which have weak public health indicators and/or weak infrastructure.
- a. National Food Security
  - b. National Rural Health Mission
  - c. National Nutrition Policy
  - d. National Nutrition Mission

**Correct answer: option “b”**



## Subject: Nutrition for Exercise & Fitness

### Instructions:

1. All MCQ'S have to be attempted
2. Each MCQ carries 1 mark
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 maximum heartrate maintained during moderate intensity exercise is-----
- a. 25-30 percent
  - b. 35-40 percent
  - c. 40-50 percent
  - d. 50-70 percent

**Correct answer: option "d"**

2. Early nutritional insult affects-----in the brain
- a. Hypertrophy of Neurons
  - b. Cell differentiation
  - c. Hyperplacia
  - d. Synaptogenesis

**Correct answer: option "c"**

3. The ACSM exercise guideline for healthy weight loss is-----
- a. Physical activity above 500 minutes per week
  - b. Physical activity above 400 minutes per week
  - c. Physical activity above 350 minutes per week
  - d. Physical activity above 250 minutes per week

**Correct answer: option "d"**

4. Plyometric box jumps greatly demonstrate an individual's-----
- a. Speed
  - b. Power
  - c. Strength
  - d. Balance

**Correct answer: option "b"**

5. The insulin sensitivity of Type 2 DM patients could be improved rapidly and significantly by-----
- a. Aerobic training
  - b. High-intensity interval training
  - c. Strength training
  - d. Brisk walking

**Correct answer: option "b"**

6. Metabolic flexibility is reduced by-----  
a. High body protein content  
b. Low body protein  
c. High body fat  
d. Low body water

**Correct answer: option “c”**

7. High carbohydrate intake increases the brain's uptake of-----  
a. Tryptophan  
b. Arginine  
c. Alanine  
d. Valine

**Correct answer: option “a”**

8. Travelling athletes are susceptible to dehydration during air travel due to-----  
a. Unavailability of water  
b. High solid food intake  
c. High alcohol consumption  
d. Dry air on board

**Correct answer: option “d”**

9. The minimum amount of caffeine that improves sports performance is-----  
a. 10.0 mg/KgBW  
b. 8.0 mg/KgBW  
c. 6.0 mg/KgBW  
d. 3.0 mg/KgBW

**Correct answer: option “d”**

10. To prepare one liter of hypertonic sports drink the amount of orange juice required is -  
-----  
a. 100 ml  
b. 200 ml  
c. 300 ml  
d. 400 ml

**Correct answer: option “d”**

