

MSc (HOME SCIENCE) BRANCH-1A- FOODS, NUTRITION & DIETETICS
SEMESTER-IV: 2020-2021
Sample MCQs for students reference

PSHSIA401 - Advances in Human Nutrition – II

Instructions:

- 1) Attempt any 8 out of 10 given MCQ's
- 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 antioxidant property of vitamin E is due to-----

- a. Methyl groups
- b. Free hydroxyl groups
- c. Isoprenoid units
- d. Phytyl sidechain

Correct Answer “b”

2. FAD is required in lipid oxidation as a co-enzyme for this enzyme

- a. Fatty acyl CoA dehydrogenase
- b. Thiolase
- c. Enoyl Co A Hydrolase
- d. Hydroxy acyl CoA dehydrogenase

Correct Answer “a”

3. The EAR of Vitamin D for an Indian pregnant woman is-----

- a. 200 IU
- b. 300 IU
- c. 400 IU
- d. 500 IU

Correct Answer “ c ”

4. One of the following is a functional biomarker of thiamin deficiency-----

- a. Erythrocyte Transketolase
- b. Glucanolactone hydrolase
- c. SOD
- d. GSH

Correct Answer “ a”

5. Metallothionein is a metabolic regulator of -----

- a. Zinc
- b. Iron
- c. Copper
- d. Sodium

Correct Answer “a”

6. Absorption of minerals is inhibited by -----in the diet.

- a. Lactose
- b. High Fat
- c. Protein
- d. Vitamin C

Correct Answer “b”

7. Synthesis of Ferritin is increased by this vitamin

- a. Thiamin
- b. Folic acid
- c. Ascorbic acid
- d. Riboflavin

Correct Answer “c”

8. Glucosinolates are found in-----

- a. Citrus fruits
- b. Rice bran
- c. Cruciferous vegetables
- d. Nuts and seeds

Correct Option “Answer c”

9. The initial physiological response upon exposure to cold

- a. Peripheral vasoconstriction
- b. Slower skeletal muscle contractions
- c. Increased fat accumulation
- d. Appetite regulation

Correct Option “Answer a”

10. One criterion required to be met for a food component to be categorized as a prebiotic

- a. Survival under gastric and small intestinal transit
- b. Production of glucose
- c. Production of resistant starch
- d. Resist host digestion and absorption

Correct Option “Answer d”



PSHSIA402 - Nutritional Therapeutics

Instructions:

1. Attempt any 8 out of 10 given MCQ's
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. The Cockcroft Gault formula is

- a) $k[(140-\text{Age}) \times \text{weight}(\text{Kg})] / \text{serum Creatinine } (\mu\text{mol/L})$ $k = 1.224$ for males & 1.04 for females
- b) $k[(150-\text{Age}) \times \text{weight}(\text{Kg})] / \text{serum Creatinine } (\mu\text{mol/L})$ $k = 1.224$ for males & 1.04 for females
- c) $k[(140-\text{Age}) \times \text{weight}(\text{Kg})] / \text{serum Creatinine } (\text{mg}/100 \text{ ml})$ $k = 1.224$ for males & 1.04 for females
- d) $k[(120-\text{Age}) \times \text{weight}(\text{Kg})] / \text{serum Creatinine } (\mu\text{mol/L})$ $k = 1.224$ for males & 1.04 for females

Correct answer – Option a

2. Which of the following statements is false in case of a renal stone forming patient

- a) A high protein diet can increase the excretion of uric acid and could lead to the formation of uric acid stones
- b) A high protein diet leads to urinary excretion of calcium increasing the risk for calcium stones
- c) A high protein diet decreases the urinary citrate and is a risk factor for calcium phosphate stones
- d) A high protein diet is a risk factor for struvite stones

Correct answer – Option d

3. 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

4. What is the correct phosphate binder to be used for a patient of ESRD with phosphorous and calcium product of 55 and Serum phosphorous at 5.5 mg% and severe depletion of bone

- a) Magnesium binder
- b) calcium binder
- c) Aluminium binder
- d) There is no need to use a binder

Correct answer – Option b

5. **Which of the following statements is incorrect with regards a Tuberculosis Patient**
- a) High dose Iron supplementation is an important prescription for TB Patients
 - b) Anaemia needs to be handled in TB patients
 - c) Iron sufficiency in the diet needs to be adhered to
 - d) Factors that lead to anaemia needs to be monitored

Correct answer – Option a

6. **The best tests for diagnosis of iron status is**
- a) Serum ferritin, Serum iron and transferrin levels
 - b) Haemoglobin, serum iron and transferrin
 - c) Symptoms, haemoglobin and serum iron
 - d) Symptoms, haemoglobin and serum ferritin

Correct answer – Option a

7. **In case of severe anaemia in SAM, which of the following statements are true**
- a) IV Iron needs to be given
 - b) Oral iron supplements and amino acid mixtures to be given
 - c) Oral iron to be given immediately
 - d) Oral iron needs to be given only in rehabilitation phase

Correct answer – Option d

8. **Which of the following statements is false in case of an epileptic child on the drug phenytoin**
- a) Malnourished children need to be given phenytoin after correction of albumin levels
 - b) Phenytoin may cause a Vit D deficiency
 - c) Folic acid supplementation must be given with phenytoin dose
 - d) Alcohol if consumed with phenytoin could cause seizures

Correct answer: option c

9. **Suggest the correct protein and fat prescription for a Parkinson's patient treated with L DOPA**
- a) CHO to be given in the first half of the day and protein in the later half
 - b) Every meal should contain both protein and Carbohydrate
 - c) Morning meals should be predominantly protein
 - d) Protein to be given in the first half of the day and CHO in the later half

Correct answer: option a

10. **Which of the following is allowed for Galactosemia**
- a) Peanut
 - b) Hazel nut
 - c) chocolate
 - d) curd

Correct answer: option a

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PSHSIA403 - Public Health Nutrition

Instructions:

1. Attempt any 8 out of 10 given MCQ's
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. Which of the following acts as a galactogogue and aids breast feeding in some mothers?

- a. Metoclopramide
- b. Metronidazole
- c. Metformin
- d. Moxifloxacin

Correct answer: option "a"

2. _____ is a better indicator of nutritional status when exact ages are difficult to determine

- a. Head circumference
- b. Weight for age
- c. Weight for height
- d. Chest circumference

Correct answer: option "c"

3. The fear and rejection of eating new or unfamiliar foods is known as:

- a. Food aversion
- b. Picky eating
- c. Food neophobia
- d. Food jags

Correct answer: option "c"

4. _____ advocacy encourages legislative, social, and infrastructural element changes via policy changes.

- a. Media
- b. Policy
- c. Community
- d. Social

Correct answer: option "b"

5. The ecological approach accepts that health is determined by the _____.

- a. Individual Alone
- b. Community
- c. Interaction between individual and wider environment
- d. Environment

Correct answer: option "c"

6. ____ is the ‘deficiencies in health that call for preventive, curative, control and eradication measures’
- Health planning
 - Health need
 - Health goal
 - Health assessment

Correct answer: option “b”

7. **Possible approaches to nutritional intervention at individual level include:**
- Food fortification and price policies
 - Prevention and income
 - Knowledge, skills and supplementation
 - Media influence

Correct answer: option “c”

8. **Low bone mass with micro-architectural deterioration of bone tissue leading to enhanced bone fragility is characterized by____.**
- osteoarthritis
 - osteopenia
 - osteoporosis
 - sarcopenia

Correct answer: option “c”

9. **The mainstay of cancer pain management that has to be made available at all centres is**
- Oral morphine
 - Aspirin
 - Diclophenac
 - Paracetamol

Correct answer: option “a”

10. **Placental insufficiency results in reduced transfer of nutrients from mother to foetus, thereby leading to _____**
- cephalomegaly
 - Fetal alcohol syndrome
 - over nutrition
 - IUGR

Correct answer: option “d”



PSHSIA404 - Food Psychology

Instructions:

1. Attempt any 8 out of 10 given MCQ's
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. A model of human decision making through evaluating different objects based on values assigned calculated by a summation of the product of beliefs and evaluation for different attributes of the objects.

- a. Attitude-belief model
- b. Expectancy-value theory
- c. Theory of reasoned action
- d. Theory of planned behaviour

Correct answer: option "b"

2. The increase in sympathetic nervous activity results in:

- a. No change in the appetite
- b. Cessation of eating
- c. Increase in hunger
- d. Craving for sugar

Correct answer: option "b"

3. The proportion of the population aged 12 year or older that drank alcohol in the past 12 months according to SAMHSA's National Survey on Drug Use and Health (NSDUH), 2014.

- a. 2/3rd
- b. 1/3rd
- c. 1/5th
- d. 2/5th

Correct answer: option "a"

4. The preference for salt or salty food most likely emerges from:

- a. Birth onwards
- b. 1 month of age onwards
- c. 4 months of age onwards
- d. 7 months of age onwards

Correct answer: option "c"

5. In green consumerism, following criteria are looked at in terms of the 'after use' of the product:

- a. Sustainably-harvested, petroleum free and plant based
- b. Low-fume, resource efficient and durable
- c. Ethical, informative and cause related
- d. Recyclable, reusable and refillable

Correct answer: option "d"

6. This factor increases the meal size:

- a. Peptide YY (3-36)
- b. Neuropeptide Y
- c. Enterostatin
- d. Neuromedin B

Correct answer: option “b”

7. According to the psychology of advertising which of these colours increase the attractiveness of the object?

- a. Red & yellow
- b. Blue & red
- c. White & black
- d. Black & red

Correct answer: option “a”

8. A conditioned taste aversion that is an aversion or distaste for a particular taste or smell that was associated with a negative reaction (such as nausea or vomiting).

- a. Garrison effect
- b. Gardner effect
- c. Garcia effect
- d. Steve effect

Correct answer: option “c”

9. The process of behaviour modification that involves the recognition of unrealistic standards, all-or-nothing thinking, and negative thoughts, replace them with more realistic and positive ideas to bring a change in emotions and behaviour is called as _____.

- a. Cognitive reconstruction
- b. Stimulus control
- c. Goal setting
- d. Cognitive restraint

Correct answer: option “a”

10. The following model considers the choices made by consumers based on highest utility between mutually exclusive discrete alternatives (such as selecting between brands).

- a. Food choice process model
- b. Consumer utility model
- c. Contingent utility model
- d. Random utility Model

Correct answer: option “d”

