

Sample Multiple Choice Questions
PG Diploma in Dietetics & Applied Nutrition - Semester I (2020-2021)

PSDDAN101 – Physiology

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 main function of the centrosomes in a cell is to -
 - a. Help the chromosomes duplicate DNA
 - b. Mark the center of cell during cell division
 - c. Pull the daughter chromosomes apart during cell division
 - d. Divide the cell cytoplasm into two equal parts

Correct answer: option “ c”

2. Following are components of Gastric juice EXCEPT;
 - a. Hcl
 - b. Pepsinogen
 - c. Intrinsic factor
 - d. Amylase.

Correct answer: option “ d”

3. The main function of Submucosal nerves in the gastrointestinal tract is -
 - a. Regulation of secretions of glands.
 - b. Regulation of movements of chyme down the GIT.
 - c. Regulation of water absorption in GIT.
 - d. Regulation of nutrient absorption in GIT.

Correct answer: option “ a”

4. The First heart sound is heard due to
 - a. Flow of blood from atria to ventricles.
 - b. Closure of atrio-ventricular valves.
 - c. Flow of blood from ventricles to the main vessels.
 - d. Opening of atrio-ventricular valves.

Correct answer: option “ b”

5. In a normal ECG(electro cardio graph) the “P” wave corresponds to-
 - a. Atrial systole
 - b. Atrial diastole
 - c. Ventricular systole
 - d. Ventricular diastole

Correct answer: option “ a”

6. Anti diuretic hormone(ADH) acts on renal tubules to –
- Decrease water reabsorption from tubular fluid.
 - Increase sodium reabsorption from tubular fluid.
 - Increase water reabsorption from tubular fluid.
 - Decrease sodium reabsorption from tubular fluid.

Correct answer: option “ c”

7. The maximum ability of the renal tubules to reabsorb glucose from tubular fluid is called ---
- Renal threshold of glucose;
 - Renal tubular maximum for glucose;
 - Renal glucose maximum.
 - Renal glucose tolerance.

Correct answer: option “ b”

8. Following are hormones secreted by kidneys EXCEPT;
- Erythropoietin.
 - Renin.
 - 1,25,dihydroxycholecalciferol.
 - Calcitonin.

Correct answer: option “ d”

9. Cushing disorder is caused by –
- Hypersecretion (increase) of adrenal cortex.
 - Hyposecretion (decrease) of adrenal cortex.
 - Hypersecretion (increase) of adrenal medulla.
 - Hyposecretion (decrease) of adrenal medulla.

Correct answer: option “ a”

10. Following are hormones derived from Amino acids EXCEPT;
- Thyroxine
 - Aldosterone.
 - Adrenaline(epinephrine)
 - Melatonin.

Correct answer: option “b”

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PSDDAN102 - Basic 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. A _____ is the amount of heat required to raise the temperature of 1 kilogram of water by 1°C at normal atmospheric pressure.
 - a. Kilocalorie
 - b. Calorie
 - c. Joule
 - d. Kilojoules

Correct answer: option “ a”

2. _____ is the study of foods, their nutrients and other chemical constituents and the effects of food constituents of food.
 - a. Health
 - b. Wellness
 - c. Nutrition
 - d. Nutrigenomics

Correct answer: option “ c”

3. _____ refers to the average daily nutrient intake level estimated to meet the requirements of half of the healthy individuals in a particular life stage and gender group.
 - a. Recommended Dietary Allowance (RDA)
 - b. Estimated Average Intake (EAR)
 - c. Adequate Intake (AI)
 - d. Tolerable Upper Level (TUL)

Correct answer: option “ b”

4. The ability of the food item to raise the blood sugar level is measured in terms of _____.
 - a. glycemic concentration
 - b. glycemic index
 - c. glycemic load
 - d. food load

Correct answer: option “ b”

5. When there is inadequate supply of carbohydrates, _____ are formed from breakdown of fats.
- a. proteins
 - b. amino acids
 - c. minerals
 - d. ketone bodies

Correct answer: option “ d”

6. The process of addition of hydrogen to the fatty acids is known as _____.
- a. oxidation
 - b. phosphorylation
 - c. hydrogenation
 - d. dehydrogenation

Correct answer: option “ c”

7. _____ transports cholesterol from various cells of the body to the liver.
- a. High density lipoprotein (HDL)
 - b. Low density lipoprotein (LDL)
 - c. Very low density lipoprotein (VLDL)
 - d. Chylomicrons

Correct answer: option “ a”

8. The final stage of protein digestion takes place in _____ of small intestine.
- a. cells
 - b. micelles
 - c. transporters
 - d. brush borders

Correct answer: option “ d”

9. Following are the branched chain amino acids except _____ .
- a. valine
 - b. cysteine
 - c. leucin
 - d. isoleucine

Correct answer: option “ b”

10. Lipoproteins are _____ type of proteins.
- a. conjugated
 - b. simple- globular
 - c. primary derived
 - d. simple- scleroproteins

Correct answer: option “ a”

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PSDDAN103 - Applied Nutrition and Public Health

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. Which one is the most common nutritional problems in India?
 - a. Anaemia
 - b. Polio
 - c. Scurvy
 - d. Beri-beri

Correct answer: option “ a”

2. What is the branch of Science known as that deals with Population study?
 - a) Biotechnology
 - b) Demography
 - c) Epidemiology
 - d) Sociology

Correct answer: option “ b”

3. In which stage of demographic cycle both high birth rate and high death rate observed?
 - a. High stationery
 - b. Early expanding
 - c. Low Stationery
 - d. Declining

Correct answer: option “ a”

4. How do you calculate sex ratio?
 - a. Number of female per 100 men
 - b. No. of female per 1000 male
 - c. Number of female per 500 men
 - d. No. of female per 50 men

Correct answer: option “ b”

5. PEM affects mostly-
 - a. Children between 0-6 years
 - b. Pregnant women
 - c. Old people
 - d. Women aged 15-45 years

Correct answer: option “ a”

6. The following are the purpose of Diet survey in clinical setting, except-
- a. To identify presence or types of malnutrition
 - b. To define life threatening condition of patient
 - c. To check Chest circumference of patient
 - d. To enquire about food allergy and preference from patient

Correct answer: option “c”

7. Person A needs to assess dietary adequacy of children in school lunch program. Which method will he adopt?
- a. Food Frequency questionnaire
 - b. Food Diary method
 - c. Diet Inventory Method
 - d. Weighment method

Correct answer: option “a”

8. Calculate the BMI of a person whose height is 1.75m and weight is 85 Kgs
- a. 27.77
 - b. 25.62
 - c.29
 - d. 31

Correct answer: option “a”

9. This is the measurement of person's height to weight ratio
- a. DEXA
 - b. MRI
 - c. BMI
 - d. Skin Fold Calliper

Correct answer: option “c”

10. Which is the most common sign of deficiency of Anemia?
- a. Pale eye
 - b. Wounds at the corner of mouth
 - c. Bleeding gums
 - d. Swollen tongue

Correct answer: option “a”



PSDDAN104 - Foods and Dietetics

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. Oysters are good source of
 - a. Copper
 - b. Iron
 - c. Both a and b
 - d. Magnesium

Correct answer: option “c”

2. Most abundant protein in egg white;
 - a. Ovomucin
 - b. Ovalbumin
 - c. Lysozyme
 - d. Both a and b

Correct answer: option “b”

3. Triangle test belongs to which category?
 - a. Difference test
 - b. Descriptive test
 - c. Rating test
 - d. Sensitivity test

Correct answer: option “a”

4. Pulse protein lacks;
 - a. Lysine
 - b. Methionine
 - c. Valine
 - d. Both a and b

Correct answer: option “b”

5. Find the odd one out;
 - a. Rye
 - b. Barley
 - c. Wheat
 - d. Jowar

Correct answer: option “d”

6. Oats contain;
 - a. Soluble fibre
 - b. Beta glucan
 - c. Both a and b
 - d. Insoluble fibre

Correct answer: option “c”

7. Food additives are;
- a. Naturally present in food
 - b. Added intentionally
 - c. Added unintentionally
 - d. Both b and c

Correct answer: option “d”

8. Which among the following are food additives
- a. Preservatives
 - b. Processing aids
 - c. Antioxidants
 - d. All of these

Correct answer: option “d”

9. Full form for “CCP” in HACCP
- a. Critical control points
 - b. Critically controlled points
 - c. Controlled critical points
 - d. All of these

Correct answer: option “a”

10. Find Odd one out
- a. Irradiation
 - b. Freezing
 - c. Pasteurization
 - d. Drying

Correct answer: option “c”



PSDDAN105 - Food Service Management

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. Line organization is also called as _____. Choose the correct option.
 - a. Military organization
 - b. Committee organization
 - c. Functional organization
 - d. Staff organization

Correct answer: option "a"

2. Which of the following is the primary function of management?
 - a. Directing
 - b. Controlling
 - c. Organizing
 - d. Planning

Correct answer: option "d"

3. A hospital with more than 1000 beds is a:
 - a. Long term care hospital
 - b. Small hospital
 - c. Large hospital
 - d. Medium hospital

Correct answer: option "c"

4. 360-degree feedback method is used for which of the following:
 - a. Potential appraisal
 - b. Management by objectives
 - c. Performance appraisal
 - d. Work improvement

Correct answer: option "c"

5. This Act helps to prevent exploitation / underpayment of employees.
 - a. Payment of wages act
 - b. Employees state insurance act
 - c. Minimum wages act
 - d. Factories act

Correct answer: option "c"

6. _____ is a process of identifying and picking up people whose probability of success in the job is maximum.
- Recruitment
 - Selection
 - Training
 - Induction

Correct answer: option “b”

7. The food service system applicable to a small hospital with inadequate kitchen space may be:
- Conventional
 - Commissary
 - Cook chill
 - Assembly serve

Correct answer: option “d”

8. Which type of menu helps the most in the planning of food purchasing and storage requirements?
- Table d’hote menu
 - A la carte menu
 - Cycle menu
 - Menu du jour

Correct answer: option “c”

9. Choose the most appropriate type of catering for old age homes:
- Welfare catering
 - Commercial catering
 - Contract catering
 - Semi- commercial catering

Correct answer: option “a”

10. Which of the following is the most important factor to be considered while planning lunch menus for hostel school children?
- Nutrition
 - Cost
 - Acceptability
 - Government regulations

Correct answer: option “a”

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PSDDAN106 - Clinical 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. Ischemic heart disease and cerebrovascular disease are
 - a. Macrovascular complications of diabetes
 - b. Micro vascular complications of diabetes
 - c. Complications of IGT
 - d. Not directly related to diabetes

Correct answer: option "a"

2. If the gut is functional use it or lose it because
 - a. Gut becomes lazy
 - b. Gut loses its villous trophicity if not used
 - c. It will not be available later
 - d. Gut lining deteriorates if used too much

Correct answer: option "b"

3. DASH diet recommends
 - a. 3 servings of fruit and veg
 - b. 5 servings of fruit and veg
 - c. 3-5 servings of fruit and veg
 - d. 7-10 servings of fruit and veg

Correct answer: option "d"

4. The time at which BMI starts to rise after infancy and is thought to be a marker of later obesity is called as
 - a. Rebound adiposity
 - b. Rebound hyperglycemia
 - c. Growth spurt
 - d. Secondary growth spurt

Correct answer: option "a"

5. Atkins diet which is also known as modified ketogenic diet is a
 - a. High protein low carb diet
 - b. Used for patients with epilepsy
 - c. High carb high fat diet
 - d. Reduced calorie high protein diet

Correct answer: option "a"

6. Glucagon is a glucoregulatory peptide hormone that
 - a. Allows entry of glucose in the cells
 - b. Plays a role in glycolysis
 - c. stimulates hepatic glucose production and thereby increases blood glucose levels.

- d. Down regulates hepatic glucose production thereby controlling blood sugar levels

Correct answer: option “ c”

7. The rule of 500 suggests that , if one cuts 500 calories a day from their typical diet, they will lose about
- a. 2 kg/ week
 - b. 1 pound (0.5 kilogram) a week.
 - c. 2 pounds per week
 - d. 3 kgs a week

Correct answer: option “ b”

8. If the blood sugar level is low at 2 a.m. to 3 a.m., but FBS is higher suspect the
- a. Somogyi effect.
 - b. Dawn phenomenon
 - c. Patient ate too much sweets at dinner
 - d. Patient is in stress

Correct answer: option “ a”

9. Which of the following are not a common complication of TPN
- a. Diarrhea
 - b. Micronutrient deficiencies
 - c. Hyperglycemia
 - d. Dehydration

Correct answer: option “ a”

10. Irritable bowel syndrome show symptoms like cramping, abdominal pain, bloating, gas, and diarrhea or constipation, or both and is a disorder affecting
- a. The small intestine
 - b. The entire GIT- mouth to rectum
 - c. The stomach
 - d. The large intestine

Correct answer: option “ d”

