

## Sample Multiple Choice Questions

M. Sc. Semester III - Branch IA - Foods, Nutrition & Dietetics (2020-2021)

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

Instructions:

1. Attempt any 8 out of the 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. 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. In extreme heat conditions of profuse sweating the MRDA recommendation for sodium in the diet for foods served in military dining halls is:**

- a. 1000 mg of sodium / 1000 Kcal
- b. 1700 mg of sodium/1000 Kcal
- c. 1200 mg of sodium/1000 kcal
- d. 2000 mg of sodium/1000 Kcal

**Correct answer: option “b”**

**5. This instrument is portable weighs 2.2kg and has both a volume meter and oxygen sensor to measure energy expenditure through indirect calorimetry.**

- a. Kofrani-Michaelis respirometer
- b. Cosmed K2
- c. Douglas bag
- d. Oxylog

**Correct answer: option “d”**

6. The dietary fibre considered as “gold standard” when it comes to fecal bulking is \_\_\_\_\_.

- a. Rice bran
- b. Oat bran
- c. Wheat bran
- d. 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:

- a. No change in proportion of Bacteroidetes
- b. Higher proportion of Bacteroidetes
- c. Lower proportion of Firmicutes
- d. Higher proportion of Firmicutes

Correct answer: option “d”

8. Which one of these apoproteins is an activator of Lipoprotein lipase?

- a. Apo C I
- b. Apo C II
- c. Apo C III
- d. Apo C IV

Correct answer: option “c”

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

- a. Glycine
- b. Cysteine
- c. Aspartate
- d. Glutamine

Correct answer: option “d”

10. Administering high amounts of these fatty acids through subcutaneous, intragastric, intraperitoneal, or intracerebroventricular routes to rodents has been related to Autism Spectrum Disorder.

- a. Propionate
- b. Butyrate
- c. Myristic acid
- d. Palmitic acid

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 2 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 can be allowed. C

**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) Eggnogg
- d) Mashed potatoes with turmeric

**Correct answer – Option c**

**6. Which of the following is not on the FODMAP list**

- a) Peas
- b) High Fructose Corn Syrup
- c) Rice
- d) Apples

**Correct Option c**

**7. Which of the following is a best course of therapy for reducing the allergent dose in Severely inflamed Crohn's Disease**

- a) Low residue diet
- b) Nocturnal jejunostomy
- c) Elemental enteral formula
- d) Gluten restricted diet

**Correct Option c**

**8. Which of the following is to be avoided in cirrhosis with complications of ascitic and esophageal varices**

- a) Mixed veg blenderised soup
- b) Dal chawal prepared in ghee
- c) Powdered soya granules pudding
- d) Chicken kheema

**Correct option a**

**9. Which of the following statements are true**

- a) A patient of Cholelithiasis scheduled for surgery must be given 100% MCTs
- b) A patient of chronic cholecystitis must be given 100%MCTs
- c) A patient who had gall bladder removal two months ago could be prescribed 100% MCTs
- d) A patient of chronic cholecystitis should be given less than 20% of the calories as fat

**Correct option a**

**10. Calculate the ICR for a patient on Rapid insulin units of 6 -6 -6 and Long acting Insulin in units of 12**

- a) 16.66
- b) 15
- c) 10.2
- d) 12

**Correct Option a**



## Subject: Nutritional Epidemiology

### 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. 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. The head circumference of infants at birth should be around \_\_\_\_\_.
  - a. 34
  - b. 44
  - c. 39
  - d. 49

**Correct answer: option "a"**

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. 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 reactive component of agility has functions such as:**

- a. Anticipation
- b. Body posture
- c. Strength
- d. Power

**Correct answer "a"**

**2. Holding a headstand in yoga is an example of:**

- a. Dynamic balance
- b. Static balance
- c. Hand eye coordination
- d. Foot eye coordination

**Correct answer "b"**

**3. Joint range of motion is:**

- a. Positively affected by excessive body mass and fat
- b. Negatively affected by body mass and fat
- c. Not affected by body mass and fat
- d. Negatively affected by muscle mass

**Correct answer "b"**

**4. Athletes who have to be smaller in stature and body mass for success in sports**

- a. Yogis
- b. Marathon runners
- c. Javelin throwers
- d. Jockeys

**Correct answer "d"**

**5. One of the following sport improves BMD**

- a. Swimming
- b. Cricket
- c. Cycling
- d. Soccer

**Correct answer "a"**

**6. Microencephaly in malnutrition is caused by reduction in -----**

- a. CCK
- b. Leptin
- c. Catecholamines
- d. IGF-1

**Correct answer "d"**

7. **The type of exercise that helps in glycemc control in diabetics is-----**
- a. Swimming
  - b. Walking & Jogging
  - c. Walking and weight training
  - d. Yoga and walking

**Correct answer “c”**

8. **The duration of classical glycogen loading technique is**
- a. 4 days
  - b. 5 days
  - c. 6 days
  - d. 7 days

**Correct answer “d”**

9. **'A diet that helps in the management of jet lag in athletes is-----**
- a. Argonne diet
  - b. Keto diet
  - c. High sugar diet
  - d. High fibre diet

**Correct answer “a”**

10. **The fluid recommendation for an athlete at high altitude is around**
- a. 4-5 L/day
  - b. 2-3 L/day
  - c. 1-2 L/day
  - d. 5-6 L/day

**Correct answer “a”**

