

**Sample Multiple Choice Questions for T.Y. BSc. SEM VI  
Branch I. Foods, Nutrition & Dietetics (Summer Session 2021-22)**

**Subject: USHSI601 - Nutritional Biochemistry –II**

**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. 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. A calcium binding protein found in the cytoplasm that carries calcium and interacts with other proteins to regulate their action is\_\_\_\_\_.
- a. Calcitonin
  - b. Calmodulin
  - c. Retinol binding protein
  - d. Globulin

**Correct answer: option “b”**



## USHSI602 - Clinical Nutrition and Diet therapy

### 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
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. 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 chamber containing oatmeal is injected with steam in the first step during processing to:
  - a. Inactivate lipase
  - b. Dextrinize starch
  - c. Remove bran
  - d. Flake oats

**Correct answer: option "a"**

2. Longer cooking time for pulses results in loss of:
  - a. Methionine
  - b. Glycine
  - c. Proline
  - d. Lysine

**Correct answer: option "d"**

3. 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"**

4. A technology used in freezing of fruits and vegetables which does not allow particles to stick to each other:
  - a. Individually Quick Frozen
  - b. Cold encapsulation
  - c. Coating
  - d. Film Wrapping

**Correct answer: option "a"**

5. The fat percentage of double toned milk is:
  - a. 1.5 percent
  - b. 3 percent
  - c. 6 percent
  - d. 9 percent

**Correct answer: option "a"**

6. The top of pickles is covered with oil to prevent growth of:
- a. Aerobic microorganisms
  - b. Anaerobic microorganisms
  - c. Thermophiles
  - d. Psychrophiles

**Correct answer: option “a”**

7. A fruit drink in which all suspended material is eliminated making it very clear:
- a. Fruit squash
  - b. Cordial
  - c. Fruit punch
  - d. Fruit medley

**Correct answer: option “b”**

8. Artificial casings used in sausage making are made from:
- a. Polypropylene
  - b. Gum Arabic
  - c. Starch
  - d. Collagen

**Correct answer: option “d”**

9. The dehydrated powder obtained by solvent extraction which is rich in protein and minerals is known as:
- a. Fish granulate
  - b. Fish flour
  - c. Fish crush
  - d. Fish meal

**Correct answer: option “b”**

10. A change that occurs in egg yolk upon freezing:
- a. Rancidity
  - b. Toughening
  - c. Gelation
  - d. Retrogradation

**Correct answer: option “c”**



## USHSI604 - Human Nutrition – Micronutrients and Functional Foods

### 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 RDA of a healthy sedentary adult female for Niacin is.....
  - a) 8.0 mg/d
  - b) 10.0 mg/d
  - c) 12.0 mg/d
  - d) 14.0 mg/d

**Correct answer: option “c”**

2. Conversion of pyruvate to lactate in glucose metabolism requires.....
  - a) TPP
  - b) FMN
  - c) NADP
  - d) NAD

**Correct answer: option “d”**

3. Vitamin D3 is synthesised from one of these compounds..... In the body
  - a) Phospholipid
  - b) Palmitic acid
  - c) 7-dehydrocholesterol
  - d) Ergosterol

**Correct answer: option “c”**

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. The total Iodine content in the human body is-----
  - a) 15-20 mg
  - b) 25-30 mg
  - c) 45-50 mg
  - d) 65-70 mg

**Correct answer: option “a”**

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. Glutathione peroxidase 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 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. 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 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. 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. Kodak is an example of:
  - a. Innovative entrepreneurship
  - b. Imitating entrepreneurship
  - c. Fabian entrepreneurship
  - d. Drone entrepreneurship

**Correct answer: option "d"**

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. The first step in the entrepreneurial process is:
  - a. Goal setting
  - b. Deciding to become an entrepreneur
  - c. Developing a business plan
  - d. Identifying opportunities

**Correct answer: option "b"**

4. Which of the following would help to maintain the brand position of a product?
  - i) Advertisements with an appropriate theme to keep the product relevant
  - ii) Never compromising on quality
  - iii) Drastically reduce the price of the product
  - iv) Continue to live up to the expectations of the customer

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

**Correct answer: option "d"**

5. The market structure where there are a large number of buyers and small sellers in competition with each other and where no one big seller has any significant influence on the market is:
- Monopoly
  - Oligopoly
  - Perfect competition
  - Duopoly

**Correct answer: option “c”**

6. An \_\_\_\_\_ is traditionally a widely accepted tool for getting general information from a job seeker:
- Interview
  - Employment website
  - Application blank
  - Induction

**Correct answer: option “c”**

7. If the total cost of producing 3 pieces of a product is Rs.1500 and the marginal cost of the 4th piece is Rs. 300 then the total cost of the 4 pieces is:
- Rs.2000
  - Rs. 1800
  - Rs. 2300
  - Rs. 1700

**Correct answer: option “b”**

8. Property tax and insurance of a restaurant are examples of \_\_\_\_\_.
- Marginal costs
  - Variable costs
  - Fixed costs
  - Semi-variable costs

**Correct answer: option “c”**

9. Which of the given schemes was launched by PM Modi on 16th January 2016?
- Digital India
  - Make in India
  - Atmanirbhar Bharat Abhiyaan
  - Start-up India

**Correct answer: option “d”**

10. If the total material cost in a food service unit is Rs 25000, the direct material costs are Rs 19500, indirect labour cost is Rs 4300 and indirect expenses cost is Rs 3000, calculate the overheads.
- Rs 7300
  - Rs 12800
  - Rs 22000
  - Rs 26800

**Correct answer: option “b”**

