

Sample MCQ's for Winter Session (November) 2021
TY BSc (Home Science) SEM V Examination
Branch I – Foods, Nutrition and Dietetics

USHSI501 - Nutritional Biochemistry-I

Instructions:

1. All 10 MCQ's are to be attempted.
2. Each MCQ carries 1 mark.
3. Read each statement carefully and mark any one option out of the options that you think is the correct answer.
4. No negative marking for wrong answers

1. The enzyme that converts citric acid to isocitrate is:
 - a. Citrate synthase
 - b. Isocitrate synthase
 - c. Aconitase
 - d. Cis-aconitate synthase

Correct answer: option "c"

2. Which of these factors are responsible for increasing the fluidity of the cell membrane?
 - a. Unsaturated fatty acids
 - b. Cholesterol
 - c. Saturated fatty acids
 - d. Cold temperatures

Correct answer: option "a"

3. The enzyme pyruvate carboxylase catalyses the following reaction:
 - a. Conversion of pyruvate to acetyl CoA
 - b. Conversion of pyruvate to succinate
 - c. Conversion of pyruvate to oxaloacetate
 - d. Conversion of pyruvate to phosphoenolpyruvate

Correct answer: option "c"

4. The conversion of galactose to glucose in the human cells takes place through the following pathway:
 - a. Lionel Pathway
 - b. Leloir pathway
 - c. Lincoln pathway
 - d. Cori pathway

Correct answer: option "b"

5. The precursor for the vasodilator nitric oxide is the amino acid:
 - a. Arginine
 - b. Asparagine
 - c. Alanine
 - d. Glutamine

Correct answer: option "a"

6. The enzyme responsible for formation of Gamma amino butyric acid (GABA) in the brain is:
- a. Serum glutamate pyruvate transaminase
 - b. Glutamate dehydrogenase
 - c. Serum glutamate oxaloacetate transaminase
 - d. Glutamate decarboxylase

Correct answer: option “d”

7. The primary structure is formed through the following type of bonds:
- a. Hydrogen bonds
 - b. Ionic bonds
 - c. Peptide bonds
 - d. Van der Waals force

Correct answer: option “c”

8. This enzyme was first isolated and purified in the form of crystals
- a. Urease
 - b. pepsin
 - c. Amylase
 - d. Ribonuclease

Correct answer: option “a”

9. A coenzyme is one of the following:
- a. A vitamin
 - b. A metal
 - c. A protein
 - d. an inorganic compound

Correct answer: option “a”

10. The following model was given by Koshland:
- a. Fluid mosaic model
 - b. Induced fit
 - c. Lock and Key
 - d. Reflective index model

Correct answer: option “b”



USHSI502 - Clinical Nutrition and Diet therapy

Instructions:

1. All 10 MCQ's are to be attempted.
2. Each MCQ carries 1 mark.
3. Read each statement carefully and mark any one option out of the options that you think is the correct answer.
4. No negative marking for wrong answers

1. The process of identifying patients, clients, or groups who may have a nutrition diagnosis and benefit from nutrition assessment and intervention by a dietitian is called
 - a. Nutritional care process
 - b. Nutritional assessment and care
 - c. Nutritional Screening
 - d. Dietetic consultation

Correct answer – Option c

2. Which statement is incorrect
 - a. Nutrition screening tools should be quick, easy to use, and able to be conducted in any practice setting.
 - b. Screening and rescreening should occur within an appropriate time frame for the setting
 - c. Nutrition screening tools need to be administered only to those with evident malnutrition symptoms
 - d. Tools should be valid and reliable for the patient population or setting.

Correct answer – Option c

3. Which of the following is true with regard to the statement - Increased weight leads to decreased corticotropin releasing factor which is an anorexic agent.
 - a. This reduces food intake and reduces feeding response
 - b. This increases food intake and increases feeding response
 - c. Leads to excess energy expenditure
 - d. Leads to increased lipid breakdown

Correct answer – Option a

4. The BMI cut offs for an Indian in class 2 obesity is
 - a. 32.5 – 37.4
 - b. 35 - 39
 - c. > 40
 - d. 30 – 35 .7

Correct answer – Option a

5. Macroalbuminuria is urinary excretion of albumin
 - a. = 300 mg/100 ml
 - b. > 300 mg/100 ml
 - c. > 500 mg/100 ml
 - d. > 30 mg/100 ml

Correct answer – Option b

6. "Wasting syndrome" in HIV/AIDS (CDC definition) is characterized by all EXCEPT:
- Weight loss of atleast 10%
 - Hepatomegaly
 - Diarrhoea
 - Documented fever

Correct answer – Option a

7. Which of the following is an ideal snack at 3 pm for a 10 year old child on rapid insulin before breakfast, before lunch and before dinner
- Chicken sandwich
 - Paneer roll
 - Sprouts cutlet
 - Walnut and banana milkshake

Correct answer – Option c

8. Which of the following does not lead to congestive cardiac failure
- Myocardial infarction
 - Ventricular hypertrophy
 - Fluid retention
 - Sever Atherosclerosis

Correct answer: option c

9. Calculate the calories for a patient of congestive cardiac failure 175 cms tall, weighing 62 kgs with 4 lts of fluid retention and low serum albumin levels
- 2170Kcals
 - 2030 Kcals
 - 1900 Kcals
 - None of the above

Correct answer: option b

10. Which is a good lunch menu for a patient of myocardial infarction
- Vegetable Khichadi and kadhi
 - Vegetable pulao with Soya Nuggets
 - Roti and vegetable with curd
 - Curd rice

Correct answer: option a

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USHSI503 - Food Microbiology and Preservation

Instructions:

1. All 10 MCQ's are to be attempted.
2. Each MCQ carries 1 mark.
3. Read each statement carefully and mark any one option out of the options that you think is the correct answer.
4. No negative marking for wrong answers

1. Bacterial cells which show a chain like arrangement are referred to as:
 - a. Palisade
 - b. Streptococci
 - c. Staphylococci
 - d. Sarcina

Correct answer: option "b"

2. The polymeric substance that provides rigid structure to the cell wall is called as:
 - a. Dextran
 - b. Levan
 - c. Capsule
 - d. Peptidoglycan

Correct answer: option "d"

3. Bacteria capable of oxidizing ethanol to acetic acid:
 - a. Clostridium
 - b. Bacillus
 - c. Gluconobacter
 - d. Erwinia

Correct answer: option "c"

4. Microbes which thrive under high salt concentrations are as:
 - a. Heterophiles
 - b. Cryophiles
 - c. Saltophiles
 - d. Halophiles

Correct answer: option "d"

5. The vitamin most commonly synthesized during food fermentation:
 - a. Vitamin D
 - b. Vitamin A
 - c. Vitamin C
 - d. Vitamin B12

Correct answer: option "d"

6. Pickles and Sauerkraut are fermented by:
 - a. Bifidobacteria
 - b. Proteolytic bacteria
 - c. Coliforms
 - d. Lactic acid bacteria

Correct answer: option "d"

7. A flavor enhancer used in masalas and spice mixes:
- a. Disodium 5'-ribonucleotides
 - b. Resorcinol
 - c. Ribonuclease
 - d. Dihydrogen phosphate

Correct answer: option "a"

8. Ohmic heating uses:
- a. Direct current
 - b. Infrared rays
 - c. Gamma rays
 - d. Alternating current

Correct answer: option "d"

9. A low freezing point liquid used in immersion freezing:
- a. Glycerol
 - b. Ethanol
 - c. Butanol
 - d. Acetic acid

Correct answer: option "a"

10. A major disadvantage of batch pasteurization:
- a. Higher processing time
 - b. Color change in foods
 - c. Loss of volatile compounds
 - d. Complex design

Correct answer: option "a"



USHSI504 - Human Nutrition - Macronutrients

Instructions:

1. All 10 MCQ's are to be attempted.
2. Each MCQ carries 1 mark.
3. Read each statement carefully and mark any one option out of the options that you think is the correct answer.
4. No negative marking for wrong answers

1. Direct calorimetry measures
 - a. Oxygen consumption
 - b. CO₂ exhalation
 - c. N excretion
 - d. Heat production

Correct answer: option "d"

2. The energy requirement of a 6-12 month old infant is
 - a. 670 Cal/day
 - b. 570 Cal/day
 - c. 470 Cal/day
 - d. 770 Cal/day

Correct answer: option "a"

3. The sugar with low glycemic index is
 - a. Glucose
 - b. Fructose
 - c. Sucrose
 - d. Galactose

Correct answer: option "b"

4. The product of fiber fermentation that reduces human colon cancer cell growth is
 - a. Folic acid
 - b. Vitamin B12
 - c. Propionate
 - d. Acetate

Correct answer: option "c"

5. Glycoprotein is a
 - a. Simple protein
 - b. Conjugated Protein
 - c. Derived Protein
 - d. Aminoacid

Correct answer: option "b"

6. Dopamine is synthesised from
- a. Glutamine
 - b. Histidine
 - c. Tyrosine
 - d. Tryptophan

Correct answer: option “c”

7. The amino acid which is essential for infants is
- a. Isoleucine
 - b. Valine
 - c. Histidine
 - d. Threonine

Correct answer: option “c”

8. Which type of lipids are Steroids ?
- a. Compound Lipids
 - b. Substances associated with lipids
 - c. Simple Lipids
 - d. Derived lipids

Correct answer: option “b”

9. Chylomicrons are synthesised in
- a. Liver
 - b. Pancreas
 - c. Small intestine
 - d. Colon

Correct answer: option “c”

10. Lactate is converted to glucose in this metabolic pathway
- a. TCA
 - b. Glycolysis
 - c. HMP
 - d. Cori cycle

Correct answer: option “d”



USHSI505 - Community Health and Nutrition

Instructions:

1. All 10 MCQ's are to be attempted.
2. Each MCQ carries 1 mark.
3. Read each statement carefully and mark any one option out of the options that you think is the correct answer.
4. No negative marking for wrong answers

1. A _____ may be defined as a group of people living together in a defined geographical area with certain shared, common values and interests.
 - a. Community
 - b. Village
 - c. Nation
 - d. Society

Correct answer: option "a"

2. The High Stationary stage of Demographic cycle represents which of the following?
 - a. High death and high birth rate
 - b. Decrease in death rate
 - c. Increase in birth rate and decrease in death rate
 - d. Birth rate lower than death rate

Correct answer: option "a"

3. Which of the following principle of the National Health Policy minimizes disparity on account of gender, poverty, caste, disability, other forms of social exclusion and geographical barriers?
 - a. Equity
 - b. Affordability
 - c. Universality
 - d. Accountability

Correct answer: option "a"

4. _____ is a prerequisite treatment given before starting iron supplementation.
 - a. Desalination
 - b. Chlorination
 - c. Mineral supplementation
 - d. Deworming

Correct answer: option "d"

5. Which of the following is the total process of collecting, compiling and publishing demographic, economic and social data pertaining at a specified time or times, to all persons in a country?
 - a. Survey
 - b. Census
 - c. Population Registers
 - d. Death Registers

Correct answer: option "b"

6. Which of the following is not true with respect to Census?
- a. It covers a defined territory
 - b. Each individual is enumerated
 - c. It is taken every 5 years
 - d. It is taken in a well defined time

Correct answer: option “c”

7. Problems of improper storage and distribution of food grains results in _____.
- a. Less food available for utilization
 - b. Food production
 - c. Low purchasing capacity
 - d. Hoarding

Correct answer: option “a”

8. The main objective of _____ was to collect data on some important socio-economic aspects such as fertility, mortality, economically active population, family planning on a comprehensive basis for the whole country.
- a. Census
 - b. Sample registration scheme
 - c. Population Registers
 - d. National Sample Survey

Correct answer: option “d”

9. Change in pH of potable water is an example of _____ pollution.
- a. Point source
 - b. Chemical
 - c. Physical
 - d. Surface

Correct answer: option “b”

10. Which of the following is not a River clean-up programme?
- a. Namami Gange
 - b. Yamuna Action Plan
 - c. AMRUT
 - d. Chipko Movement

Correct answer: option “d”



USHSI506 - Food Production and Service in Institutions

Instructions:

1. All 10 MCQ's are to be attempted.
2. Each MCQ carries 1 mark.
3. Read each statement carefully and mark any one option out of the options that you think is the correct answer.
4. No negative marking for wrong answers

1. Which of the following are the likely trends in the catering industry post-Covid?
 - i) Restaurant food festivals and buffets
 - ii) Desire for convenience coupled with health
 - iii) Takeaways and home delivery
 - a. i) and ii)
 - b. ii) and iii)
 - c. i) and iii)
 - d. i), ii) and iii)

Correct answer: option "b"

2. In which location is the 'tray service' LEAST LIKELY to be used?
 - a. In a Grill Room
 - b. In a Hospital Ward
 - c. On an aircraft
 - d. In a railway compartment

Correct answer: option "a"

3. What should the kitchen staff of a food production unit do if he cuts himself at work?
 - a. Wear a reusable glove on the affected hand.
 - b. Cover the wound with a bandage.
 - c. Stop work and go home.
 - d. Cover the wound with a waterproof dressing.

Correct answer: option "d"

4. The work triangle is an imaginary line connecting which work stations in the kitchen?
 - a. refrigerator, oven and cooking range
 - b. oven, cooking range and sink
 - c. sink, worktable and cooking range
 - d. refrigerator, sink and cooking range

Correct answer: option "d"

5. The first step when developing a kitchen plan is:
 - a. Think of the simplest way that the required tasks can be performed.
 - b. Arrange activities to be carried out sequentially and establish a good work flow.
 - c. Make a list of all activities to be carried out in the kitchen.
 - d. Break up the production cycle into specific tasks for each item on the menu.

Correct answer: option "c"

6. Identify a negative characteristic of using copper cookware.
- a. It is reactive to acidic foods
 - b. It has thermal conductivity
 - c. It is twice as fast at transferring heat than aluminium
 - d. It has a fairly high melting point

Correct answer: option “a”

7. A rotisserie is an example of which type of food service equipment?
- a. Receiving
 - b. Preparation
 - c. Holding
 - d. Storage

Correct answer: option “b”

8. A detailed and complete list of goods in stock is called _____.
- a. Stock list
 - b. Tabulated stock
 - c. Par stock
 - d. Inventory

Correct answer: option “d”

9. Given that the edible portion of fresh green peas is 50%, calculate the amount of fresh green peas to be ordered if a recipe requires 300g peas .
- a. 150g
 - b. 300g
 - c. 600g
 - d. 450g

Correct answer: option “c”

10. Choose the phrase that is an important characteristic of the assembly/serve system.
- a. individuality and unique products
 - b. minimal labour cost
 - c. suited to a kitchen with multiple serving units situated elsewhere
 - d. requires a well-equipped kitchen

Correct answer: option “b”

