

## GOVERNMENT ZIRTIRI RESIDENTIAL SCIENCE COLLEGE

**Subject** : Home Science  
**Paper name** : Introduction to Food and Nutrition  
**Paper No** : HS : 201  
**Semester** : II

### A. Multiple choice questions [25 (5 from each unit)]

1. This food supplies roughage in the diet.

- (a) Milk ( )
- (b) Bread ( )
- (c) Green leafy vegetable ( )
- (d) Nuts ( )

2. Perishable foods are those that cannot be kept at room temperature for more than

- (a) One or two days ( )
- (b) One week ( )
- (c) Two weeks ( )
- (d) One month ( )

3. Which of the following belongs to protective food group?

- (a) Butter ( )
- (b) Milk ( )
- (c) Jaggery ( )
- (d) Apple ( )

4. Body building foods are

- (a) Carbohydrates and proteins ( )
- (b) Proteins and minerals ( )
- (c) Minerals and vitamins ( )
- (d) Carbohydrates and fats ( )

5. \_\_\_\_\_ milk is free from bacteria

- (a) Pasteurized ( )
- (b) Toned ( )
- (c) Skimmed ( )
- (d) Homogenized ( )

6. The best vehicle for fortification of iodine is

- (a) Sugar ( )
- (b) Salt ( )
- (c) Maida ( )
- (d) Milk ( )

7. Germination increases the presence of this nutrient in legumes.

- (a) Vitamin A ( )
- (b) Vitamin B ( )

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- (c) Vitamin C ( )  
(d) Vitamin D ( )

8. Which is a process used to puff up cereals?

- (a) Liming ( )  
(b) Parching ( )  
(c) Parboiling ( )  
(d) Steaming ( )

9. Addition of iodine in common salt is an example of

- (a) Fermentation ( )  
(b) Fortification ( )  
(c) Germination ( )  
(d) None of the above ( )

10. This is the most ancient and primitive method of cooking

- (a) Broiling or grilling ( )  
(b) Baking ( )  
(c) Roasting ( )  
(d) Boiling ( )

11. Stunting refers to

- (a) Low weight for age ( )  
(b) Low height for age ( )  
(c) Low weight for height ( )  
(d) All of the above ( )

12. The minimum level of carbohydrate intake per day should be

- (a) 100 mcg ( )  
(b) 100 mg ( )  
(c) 100 g ( )  
(d) 200 g ( )

13. Which is also known as dextrose, grape sugar or corn sugar?

- (a) Glucose ( )  
(b) Fructose ( )  
(c) Sucrose ( )  
(d) Mannose ( )

14. Dietary fat serves as a carrier for vitamins

- (a) A,B,C,D ( )  
(b) A,B,D,E ( )  
(c) A,C,D,E ( )  
(d) A,D,E,K ( )

15. Which of the following is not an essential fatty acid?

- (a) linoleic acid ( )

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- (b) Linolenic acid ( )
- (c) Arachidonic acid ( )
- (d) Oleic acid ( )

16. The storage form of carbohydrates in our body is

- (a) Glucose ( )
- (b) Glycogen ( )
- (c) Glucogen ( )
- (d) Sucrose ( )

17. The daily energy requirement during pregnancy is increased by

- (a) 350 kcal ( )
- (b) 400 kcal ( )
- (c) 500 kcal ( )
- (d) 550 kcal ( )

18. The BMR is highest during the first

- (a) 2 months of life ( )
- (b) 1 year of life ( )
- (c) 2 years of life ( )
- (d) 5 years of life ( )

19. Which of the following is not the symptom of marasmus?

- (a) Severe growth retardation ( )
- (b) Wrinkled skin ( )
- (c) Moon face ( )
- (d) Bony prominence ( )

20. The maximum energy in our body is supplied by

- (a) Carbohydrates ( )
- (b) Proteins ( )
- (c) Fats ( )
- (d) Minerals ( )

21. Pellagra is due to the deficiency of

- (a) Thiamine ( )
- (b) Riboflavin ( )
- (c) Niacin ( )
- (d) Folic acid ( )

22. Scurvy is caused by the deficiency of

- (a) Thiamine ( )
- (b) Ascorbic acid ( )
- (c) Folic acid ( )
- (d) Pantothenic acid ( )

23. Rickets and osteomalacia are due to the deficiency of

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- (a) Calcium (       )
- (b) Potassium (       )
- (c) Magnesium (       )
- (d) Sodium (       )

24. Vitamin C requirement for an adult man is

- (a) 20 mg per day (       )
- (b) 30 mg per day (       )
- (c) 40 mg per day (       )
- (d) 50 mg per day (       )

25. Beri beri is due to the deficiency of

- (a) Thiamine (       )
- (b) Riboflavin (       )
- (c) Niacin (       )
- (d) Folic acid. (       )

B. Fill up the blanks [15 (3 from each unit)]

1. \_\_\_\_\_ are the constituents in food that must be supplied to the body in suitable amounts
2. The most important functions of the food is \_\_\_\_\_.
3. Foods which cannot be kept for more than one or two days at room temperature due to physical and chemical changes which are undesirable is \_\_\_\_\_ foods.
4. \_\_\_\_\_ is a method of food preparation which allows the raw grain or beans to be eaten in a palatable form.
5. A method of food preparation which is a combination of roasting-cum-stewing is called \_\_\_\_\_.
6. One of the major causes of food spoilage are \_\_\_\_\_ which are organic catalysts, produced by living cells.
7. Deficiency of thiamine leads to \_\_\_\_\_.
8. \_\_\_\_\_ help cells use oxygen-an essential step in the process of converting sources of energy in the body into energy itself.
9. Fruits and vegetables are the main sources of \_\_\_\_\_.
10. \_\_\_\_\_ are the chief source of energy.
11. Amino acids that cannot be synthesized by the body and have to be supplied through the diet are called \_\_\_\_\_.
12. One gram of fat gives \_\_\_\_\_ calories of energy.
13. The energy expenditure of the organism in a state of complete mental and physical rest is known as \_\_\_\_\_.
14. The main function of \_\_\_\_\_ is building bones and teeth.
15. With the combination of calcium \_\_\_\_\_ gives strength and rigidity to bones and teeth.

### Key Answers

A. Multiple choice questions [replace x]

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1. c)	2. a)	3. b)	4.b)	5. a)	6.b)	7. c)
8. b)	9. b)	10. a)	11. b)	12. c)	13. a)	14. d)
15. d)	16.a)	17.a)	18.b)	19.c)	20.a)	21.c)
22.b)	23.a)	24.c)	25.a)			

B. Fill up the blanks [replace x]

1. Nutrients
2. To provide energy
3. Perishable
4. Sprouting or germination
5. Braising
6. Enzymes
7. Beri-beri
8. Riboflavin
9. Ascorbic acid
10. Carbohydrates
11. Essential amino-acids
12. 9
13. BMR
14. Calcium
15. Phosphorus.