

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.