

K.R.College of Arts and Science

Department of Biochemistry

Add On Course- Food and Nutrition -2023-2024

* Indicates required question

1. Email *

2. Name of the Student *

3. Roll.No *

4. Year of Study *

5. Department *

6. Over all Feedback about this Course *

Mark only one oval.

☐ Very Good

☐ Good

☐ Satisfied

☐ Fair

7. Any other Suggestions

8. 1. A Substance Needed By The Body For Growth, Energy, Repair And Maintenance Is Called A *

Mark only one oval.

☐ Nutrient

☐ Carbohydrate

☐ Calorie

☐ Fatty Acid

9. **2. Amylases in saliva begin the breakdown of carbohydrates into ***

Mark only one oval.

- ☐ Fatty Acids
- ☐ Polypeptides
- ☐ Amino Acids
- ☐ Simple Sugars

10. **3. Water-soluble vitamin and hence is required to be taken everyday? ***

Mark only one oval.

- ☐ Vitamin D
- ☐ Vitamin C
- ☐ Vitamin K
- ☐ Vitamin A

11. **4. Which of the following works with calcium to build strong bones ***

Mark only one oval.

- ☐ Vitamin D
- ☐ Vitamin C
- ☐ Phosphorus
- ☐ Iron

12. **5.Which of the following metals is a constituent of Vitamin B12? ***

Mark only one oval.

- ☐ Iron
- ☐ Magnesium
- ☐ Zinc
- ☐ Cobalt

13. **6. Piperine is a compound found in ***

Mark only one oval.

- ☐ Pepper
- ☐ Turmeric
- ☐ Cardamom
- ☐ Cloves

14. **7.Sweetex used by the diabetic patients has energy content of ***

Mark only one oval.

- ☐ Five calories
- ☐ Ten calories
- ☐ Hundred calories
- ☐ Zero calorie

15. **8. Which food contains the most fat? ***

Mark only one oval.

- ☐ Graham Crackers
- ☐ Brownies
- ☐ Pudding
- ☐ Angel Food Cake

16. **9. Which of the following nutrients is needed to build and maintain the structural components of the body? ***

Mark only one oval.

- ☐ Carbohydrates
- ☐ Protein
- ☐ Fat
- ☐ Fiber

17. **10. Which of the following nutrients is known as the sunshine vitamin? ***

Mark only one oval.

- ☐ Vitamin C
- ☐ Vitamin A
- ☐ Vitamin K
- ☐ Vitamin D

18. **11.All of the following are needed for strong bones except: ***

Mark only one oval.

- ☐ Thiamin
- ☐ Calcium
- ☐ Magnesium
- ☐ Vitamin D

19. **12. Which of these nutrients is the preferred energy source for the body? ***

Mark only one oval.

- ☐ B Complex Vitamins
- ☐ Carbohydrates
- ☐ Fats
- ☐ Fiber

20. **13.Which of the following beverages has no fat, sugar, or oils? ***

Mark only one oval.

- ☐ Milk
- ☐ Root beer
- ☐ Coffee with cream
- ☐ Iced tea unsweetened

21. **14. What food doesn't belong to this food group? ***

Mark only one oval.

- ☐ Chocolate milk
- ☐ Cream cheese
- ☐ Ice cream
- ☐ Salad dressing

22. **15. _____ is an example of a hydrogenated fat. ***

Mark only one oval.

- ☐ Butter
- ☐ Olive oil
- ☐ Margarine
- ☐ Fiber

23. **16. Eggs, milk, and meat are usually classified as good sources of ***

Mark only one oval.

- ☐ Carbohydrates
- ☐ Vitamin A
- ☐ Protein
- ☐ Vitamin D

24. **17. Among the given nutrients milk is a poor source of ***

Mark only one oval.

- ☐ Calcium
- ☐ Protein
- ☐ Vitamin C
- ☐ Fiber

25. **18. Fruits and vegetables are usually considered as good sources of ***

Mark only one oval.

- ☐ Protein
- ☐ Vitamins & minerals
- ☐ Unsaturated fats
- ☐ Scallion

26. **Hi19. This is an example of derived lipids ***

Mark only one oval.

- ☐ Terpenes
- ☐ Steroids
- ☐ Carotenoids
- ☐ All of the above

27. 20. Identify the lowest density lipoprotein among the following? *

Mark only one oval.

- ☐ HDL
- ☐ LDL
- ☐ VLDL
- ☐ Chylomicrons

28. 21. Unsaturated Lipid Fats are Usually Derived from Which Source Out of the Options Given? *

Mark only one oval.

- ☐ Plant Species
- ☐ Human beings
- ☐ Aquatic animals
- ☐ None of the Above

29. 22. Fat storing cells of vertebrates are called *

Mark only one oval.

- ☐ Hepatocytes
- ☐ Astrocytes
- ☐ Adipocytes
- ☐ Melanocytes

30. 23. Scurvy is caused due to the deficiency of *

Mark only one oval.

- ☐ Vitamin A
- ☐ Vitamin D
- ☐ Vitamin K
- ☐ Vitamin C

31. 24. Deficiency of vitamin B6 may occur in *

Mark only one oval.

- ☐ Obese person
- ☐ Thin person
- ☐ Alcoholics
- ☐ Diabetics

32. 25. A deficiency of vitamin B12 *

Mark only one oval.

- ☐ Beri-Beri
- ☐ Scurvy
- ☐ Perniciuos anemia
- ☐ Ricket

33. 26. Deficiency of vitamin C causes *

Mark only one oval.

- ☐ Beriberi
- ☐ Pellagra
- ☐ Pernicious anaemia
- ☐ Scurvy

34. 27. Anti-oxidant activity is present in *

Mark only one oval.

- ☐ Beta-Carotene
- ☐ Retinol
- ☐ Retinoic acid
- ☐ All of these

35. 28. Nyctalopia is *

Mark only one oval.

- ☐ Drying of eyes
- ☐ Destruction of cornea
- ☐ Blindness
- ☐ Inability to see in dimlight

36. 29. Calcification of soft tissues can occur in *

Mark only one oval.

- ☐ Osteomalacia
- ☐ Rickets
- ☐ Hypervitaminosis D
- ☐ None of these

37. 30. In human beings, vitamin E prevents *

Mark only one oval.

- ☐ Sterility
- ☐ Hepatic necrosis
- ☐ Muscular dystrophy
- ☐ None of these

38. 31. Which is the best source of Iron in the given options? *

Mark only one oval.

- ☐ Green vegetables
- ☐ Eggs
- ☐ Milk
- ☐ Carrot

39. 32. Which of the following is responsible for the conversion of milk into curd? *

Mark only one oval.

- ☐ Enzyme
☐ Fungus
☐ Vitamin
☐ Bacteria

40. 33. Which among the following elements is present in Hemoglobin? *

Mark only one oval.

- ☐ Phosphorus
☐ Copper
☐ Magnesium
☐ Iron

41. 34. What is an average daily intake of proteins, suggested to an active woman? *

Mark only one oval.

- ☐ 100g
☐ 60g
☐ 30g
☐ 45g

42. 35. What is the recommended daily intake of water for an average adult? *

Mark only one oval.

- ☐ 1 liter
- ☐ 2 liters
- ☐ 3 liters
- ☐ 4 liters

43. 36. Which mineral is important for maintaining healthy blood pressure? *

Mark only one oval.

- ☐ Iron
- ☐ Calcium
- ☐ Potassium
- ☐ Zinc

44. 37. Which nutrient deficiency can lead to anemia? *

Mark only one oval.

- ☐ Iron
- ☐ Calcium
- ☐ Vitamin D
- ☐ Potassium

45. 38. What type of compounds are Vitamins? *

Mark only one oval.

- ☐ Organic Compound
- ☐ Inorganic Compound
- ☐ Living Organisms
- ☐ None of the above

46. 39. Which of the given has the highest calorie value per unit? *

Mark only one oval.

- ☐ Vitamins
- ☐ Proteins
- ☐ Fats
- ☐ Carbohydrates

47. 40. An apple is a rich source of which of the following nutrients? *

Mark only one oval.

- ☐ Sodium
- ☐ Potassium
- ☐ Phosphorus
- ☐ Magnesium

48. 41. What is the chemical name of Vitamin C? *

Mark only one oval.

- ☐ Ascorbic Acid
- ☐ Thiamine
- ☐ Citric Acid
- ☐ Tartaric Acid

49. 42. Which of the given Vitamins helps in the healing of wounds? *

Mark only one oval.

- ☐ Vitamin A
- ☐ Vitamin B
- ☐ Vitamin C
- ☐ Vitamin D

50. 43. How many amino acids make up a protein? *

Mark only one oval.

- ☐ 10
- ☐ 20
- ☐ 30
- ☐ 50

51. **44. Which of the following food products are high in protein content? ***

Mark only one oval.

- ☐ Tofu and eggs
- ☐ Grains and legumes
- ☐ Milk and milk products
- ☐ All of the above

52. **45. Which of the following is true about enzymes? ***

Mark only one oval.

- ☐ Proteins
- ☐ Nucleic acids
- ☐ Carbohydrates
- ☐ DNA molecule

53. **46. Which of the following diseases is caused by protein deficiency? ***

Mark only one oval.

- ☐ Anaemia
- ☐ Kwashiorkor
- ☐ Hypothyroidism
- ☐ All of the above

54. **47. What is a bond between amino acids called? ***

Mark only one oval.

- ☐ Ionic bond
- ☐ Acidic bond
- ☐ Peptide bond
- ☐ Hydrogen bond

55. **48. The World Health Day is celebrated on _____. ***

Mark only one oval.

- ☐ 1st March
- ☐ 7th April
- ☐ 6th October
- ☐ 10th December

56. **49. Which of the following factors is necessary for a healthy person? ***

Mark only one oval.

- ☐ Vaccination
- ☐ Balanced diet
- ☐ Personal hygiene
- ☐ All of the above

57. 50. Cleanliness, physical exercise, rest and sleep are a part of _____. *

Mark only one oval.

- ☐ Hygiene
- ☐ Social hygiene
- ☐ Personal hygiene
- ☐ None of the above

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