

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
- Asterocytes
- 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

Pernicious 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
- Thyamine
- 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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