

Online Examinations (Even Sem/Part-I/Part-II Examinations 2020 - 2021)

Course Name - --Basic Nutrition & Public Health

Course Code - BMLT404

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Answer all the questions. Each question carry one mark.

9. 1. When the food is directly given in the veins, it is called _____ nutrition.

Mark only one oval.

- Parenteral
- Enteral
- Intravenous
- Saline

10. 2. Among the given nutrients milk is a poor source of

Mark only one oval.

- Calcium
- Protein
- Carbohydrate
- Vitamin C

11. 3. A person who has had a renal transplant should regulate the intake of _____

Mark only one oval.

- carbohydrates
- proteins
- fats
- Vitamins

12. 4. The vitamin necessary for coagulation of blood is

Mark only one oval.

- Vitamin B
- Vitamin C
- Vitamin K
- Vitamin E

13. 5. How many lobes in the right lung?

Mark only one oval.

3

2

1

4

14. 6. To overcome diabetes, a person can increase the intake of _____ and reduce the intake of _____

Mark only one oval.

carbohydrates, proteins

proteins, fats

fats, carbohydrates

carbohydrates, fats

15. 7. Which one among the following minerals is essential for the transmission of nerve impulses in the nerve fibres of human body?

Mark only one oval.

Calcium

Cobalt

Iodine

Sodium

16. 8. Which one of the following mineral elements is required for muscle contraction?

Mark only one oval.

- Calcium
- Iron
- Sodium
- Zinc

17. 9. The S4 heart sound?

Mark only one oval.

- Can be heard during systolic
- Is often termed ventricular gallop
- Is usually due to heart murmur
- Can be heard during diastolic

18. 10. A person who is suffering from high blood pressure should cut down on _____

Mark only one oval.

- sodium
- potassium
- calcium
- magnesium

19. 11. Long periods of parenteral nutrition is not recommended because of _____

Mark only one oval.

- it increases the toxicity of blood
- it puts pressure on the kidney
- it puts pressure on the heart
- it causes the GI track to degenerate

20. 12. Sweetex used by the diabetic patients has energy content of -

Mark only one oval.

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

21. 13. Which Vitamin in large amounts harms the bones?

Mark only one oval.

- A
- B
- C
- D

22. 14. Which of the following is not an artificial sweetener?

Mark only one oval.

Saccharin

Aspartame

Sucrose

neotame

23. 15. In cases of muscle fatigue, which of the Vitamin should be taken?

Mark only one oval.

A

D

E

K

24. 16. Which of the following is a rich source of Omega-3 oils?

Mark only one oval.

Dairy products

Cod-liver oil

Vegetables

Wheat products

25. 17. Which of the following is considered an easily digestible source of protein?

Mark only one oval.

- Egg albumin
- Soyabean
- Fish flesh
- Red meat

26. 18. Washing of peeled vegetables removes the vitamin?

Mark only one oval.

- E
- D
- C
- B

27. 19. Piperine is a compound found in

Mark only one oval.

- pepper
- turmeric
- cardamom
- cloves

28. 20. Consider the following statements: Which of the statements given above is / are correct?

Mark only one oval.

- Brinjal is a good source of iron.
- Pumpkin is a good source of Vitamin A.
- 1 only
- Papaya is a good source of fat

29. 21. Which of the following is also sometimes referred to as Vitamin H?

Mark only one oval.

- Keratin
- Niacin
- Biotin
- Riboflavin

30. 22. Iodized salt is used to treat _____

Mark only one oval.

- Goitre
- Anaemia
- Rickets
- Beri-Beri

31. 23. A diet containing right amount of energy, carbohydrates, proteins, fats, fiber, vitamins, minerals and water to fulfill requirement of body is called

Mark only one oval.

- Nutrition
- balanced diet
- perfect diet
- food pyramid

32. 24. Which of the following contains lauric acid which is used treat certain infections and also in the manufacture of soaps?

Mark only one oval.

- Coconut Oil
- Olive Oil
- Mustard Oil
- Butter

33. 25. Which of the following are called macronutrients?

Mark only one oval.

- Carbohydrates, Proteins, and Vitamins
- Minerals, Proteins, and Vitamins
- Carbohydrates, Proteins, and Fats
- Proteins, Fats, and Minerals

34. 26. Which of the following are the primary products of photosynthesis?

Mark only one oval.

- Proteins
- Carbohydrates
- Minerals
- Water

35. 27. The elements present in the carbohydrates are-

Mark only one oval.

- Carbon, Hydrogen, and Oxygen
- Carbon, Hydrogen, and Nitrogen
- Hydrogen, Oxygen, and Sulphur
- Carbon, Oxygen, and Nitrogen

36. 28. Oligosaccharides are formed by how many sugar molecules?

Mark only one oval.

- 2 to 5 monosugars
- 3 to 6 monosugars
- 3 to 10 monosugars
- 5 to 10 monosugars

37. 29. Starch($C_6H_{10}O_5$)_n is broken down to form glucose($C_6H_{12}O_6$) units when hydrolysed by

Mark only one oval.

- alkaline base
 acidic base
 neutral base
 salty base

38. 30. Which vitamin destroyed during cooking

Mark only one oval.

- A
 C
 B
 E

39. 31. Niacin recommendation for adult male

Mark only one oval.

- 13 mg/d
 14 mg/d
 12 mg/d
 16 mg/d

40. 32. Energy requirement for a new-born

Mark only one oval.

92

90

91

93

41. 33. Normal body weight of a new born baby

Mark only one oval.

2.6 kg

2.8 kg

2.5 kg

3 kg

42. 34. The percentage of water in human body

Mark only one oval.

65

40

70

80

43. 35. Sickle Cell Anaemia is caused due to-

Mark only one oval.

- Arginine
- Aspartate
- Glutamic acid
- Valine

44. 36. Temperature maintained in Dry storage room is _____ °c

Mark only one oval.

- 25-30
- 20-25
- 30-50
- 0-5

45. 37. BCAA refers to-

Mark only one oval.

- Isoleucine, valine, tryptophan
- Isoleucine, valine, leucine
- Tryptophan, leucine, valine
- Histidine, phenyl alanine

46. 38. SAM (Severe Acute Malnutrition) is-

Mark only one oval.

- Weight to age
- Weight to Height
- Weight to Weight
- Z Score

47. 39. All of the following are nutrients found in food except _____.

Mark only one oval.

- plasma
- proteins
- carbohydrates
- vitamins

48. 40. A diet high in saturated fats can be linked to which of the following?

Mark only one oval.

- kidney failure
- bulimia
- anorexia
- cardiovascular disease

49. 41. Amylases in saliva begin the breakdown of carbohydrates into _____.

Mark only one oval.

- fatty acids
- polypeptides
- amino acids
- simple sugars

50. 42. Your body needs vitamins and minerals because _____.

Mark only one oval.

- they give the body energy
- they help carry out metabolic reactions
- they insulate the body's organs
- they withdraw heat from the body

51. 43. Food passes through the stomach directly by _____.

Mark only one oval.

- the large intestine
- the small intestine
- the heart
- the pancreas

52. 44. About half of your diet should be made up of _____.

Mark only one oval.

- grains and vegetables
- fruits and milk
- milk and cheese
- fats and sugars

53. 45. A mineral that the body needs to work properly is _____.

Mark only one oval.

- calcium
- silver
- gold
- lead

54. 46. According to the MyPyramid food guidance system, a person should obtain most of their fat from _____.

Mark only one oval.

- beef, chicken, and fish
- vegetable oils, nuts, and fish
- fats, oils, and sweets
- milk, yogurt, and cheese

55. 47. This food group is our body's best source of energy?

Mark only one oval.

- Meat Group
- fats,oils and sweets
- breads and cereals
- milk and cheese

56. 48. Which of these is NOT considered a nutrient?

Mark only one oval.

- vitamins
- minerals
- fiber
- fats

57. 49. Which of these is added to the food label because people sometimes don't eat enough of this?

Mark only one oval.

- fat
- calcium
- sodium
- cholesterol

58. 50. Citrus fruits are an excellent source of _____?

Mark only one oval.

- calcium
- vitamin c
- vitamin B
- calories

59. 51. Foods from the meat, poultry, fish dry beans, eggs and nuts group are an important source of _____?

Mark only one oval.

- iron
- fiber
- beta carotene
- calcium

60. 52. Which food contains the most fat?

Mark only one oval.

- graham crackers
- brownies
- pudding
- angel food cake

61. 53. The milk, cheese & yogurt group are important for _____?

Mark only one oval.

- strong bones
- teeth
- muscles
- all of these

62. 54. How many servings of vegetables do we need each day?

Mark only one oval.

- 6-11
- 2-3
- 3-5
- 44

63. 55. Which of the following nutrients is known as the sunshine vitamin?

Mark only one oval.

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

64. 56. All of the following are needed for strong bones except:

Mark only one oval.

- Thiamin
- Calcium
- Magnesium
- Vitamin D

65. 57. This nutrient is needed for a healthy immune system and strong connective tissue:

Mark only one oval.

- Fiber
- Vitamin K
- Vitamin C
- Fluoride

66. 58. Which of the following is the best source for omega-3 fatty acids?

Mark only one oval.

- Corn oil
- Wheat products
- Pork
- Sardines

67. 59. This mineral is essential for healthy red blood cells and a deficiency might cause anemia.

Mark only one oval.

- Iron
- Magnesium
- Iodine
- Chromium

68. 60. This vitamin is needed to prevent a birth defect called Spina Bifida

Mark only one oval.

- Vitamin D
- Vitamin A
- Folate
- Vitamin E

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