



BRAINWARE UNIVERSITY

Term End Examination 2022
Programme – B.Optomety-2022
Course Name – Nutrition
Course Code - BOPTOC104
(Semester I)

Full Marks : 60

Time : 2:30 Hours

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

Group-A

(Multiple Choice Type Question)

1 x 15=15

1. Choose the correct alternative from the following :

- (i) Name the major nutrients in our food.
 - a) Carbohydrates
 - b) Vitamin
 - c) Boron
 - d) Carbon
- (ii) Name the food components which does not provide any energy.
 - a) Milk
 - b) Water
 - c) Fruit Juice
 - d) Vegetable soup
- (iii) Identify the richest source of potatoes, cereals, and oats is _____.
 - a) Proteins
 - b) Vitamins
 - c) Minerals
 - d) Carbohydrates
- (iv) Identify the fat-soluble vitamins.
 - a) vitamin B
 - b) vitamin E
 - c) vitamin C
 - d) vitamin B2
- (v) Write the full form of RDA.
 - a) Retired dietary allowances
 - b) Recommended dairy allowances
 - c) Recommended daily allowances
 - d) Recommended dietary allowances
- (vi) Write the full form of BMR?
 - a) Body Meter Rate
 - b) Body Metabolic Rate
 - c) Basal Metabolic Rate
 - d) Basal Meter Rate
- (vii) Identify the saturated fatty acid.
 - a) Linoleic acid
 - b) Erucic acid
 - c) Palmitic acid
 - d) Oleic acid
- (viii) Write the function of coronary artery.
 - a) to carry blood away from the heart muscles
 - b) to supply blood to heart muscles
 - c) to supply blood to all parts of the body
 - d) none of these
- (ix) Select the function of calcium.
 - a) Muscle contraction
 - b) Blood coagulation
 - c) Nerve conduction
 - d) All of the above
- (x) Select the food component which produces amino acids.

