



Library
Brainware University
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BRAINWARE UNIVERSITY

Term End Examination 2023
Programme – BBA(HM)-2020
Course Name – Nutrition
Course Code - BBAHMD602A
(Semester VI)

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) Select a vitamin that is important for vision?
a) Vitamin A
b) Vitamin C
c) Vitamin D
d) Vitamin K
- (ii) Select the main energy source for the body during exercise?
a) Carbohydrates
b) Proteins
c) Fats
d) All of the these
- (iii) Select the recommended daily intake of iodine for adults?
a) 50 mcg
b) 150 mcg
c) 300 mcg
d) 500 mcg
- (iv) Select the primary purpose of vitamin A prophylaxis?
a) To prevent rickets
b) To prevent scurvy
c) To prevent night blindness
d) To prevent beriberi
- (v) Write the name of a vitamin that is important for maintaining healthy skin?
a) Vitamin A
b) Vitamin C
c) Vitamin D
d) Vitamin K
- (vi) State a name of a mineral that is important for regulating fluid balance in the body?
a) Iron
b) Calcium
c) Sodium
d) Magnesium
- (vii) Select the mineral which is important for muscle function?
a) Iron
b) Calcium
c) Sodium
d) Magnesium
- (viii) Define Recommended Dietary Allowance (RDA)?
a) The minimum amount of a nutrient needed to avoid deficiency
b) The maximum amount of a nutrient that can be consumed safely
c) The amount of a nutrient needed to meet the needs of 50% of the population
d) The amount of a nutrient needed to meet the needs of almost all (97-98%) of the population

