

## **BRAINWARE UNIVERSITY**

## Term End Examination 2021 - 22 Programme – Bachelor of Science in Medical Lab Technology Course Name – Basic Nutrition & Public Health Course Code - BMLT404 (Semester IV)

Time allotted: 1 Hrs.15 Min.		Full Marks : 60
[The figure in	the margin indicates full marks.]	
	Group-A	
(Multip	ole Choice Type Question)	1 x 60=60
Choose the correct alternative from the fo	llowing:	
(1) Among the given nutrients milk is a po-	or source of	
a) Calcium	b) Protein	
c) Carbohydrate	d) Vitamin C	
(2) Which one of the following is essential	for preventing dental caries?	
a) Flourine	b) Iodine	
c) Iron	d) Zinc	
(3) A person who has had a renal transplan	t should regulate the intake of	
a) carbohydrates	b) proteins	
c) fats	d) Vitamins	
(4) The vitamin necessary for coagulation	of blood is	
a) Vitamin B	b) Vitamin C	
c) Vitamin K	d) Vitamin E	
(5) How many lobes in the right lung?		
a) 3	b) 2	
c) 1	d) 4	
(6) To overcome diabetes, a person can inc	rease the intake of and reduce	the intake of
a) carbohydrates, proteins	b) proteins, fats	
c) fats, carbohydrates	d) carbohydrates, fats	
(7) For a person suffering from problems li should be given	ike slow neural transmission, eg demer	ntia, they

a) increased sodium	b) increased potassium	
c) increased calcium	d) increased magnesium	
(8) Which one among the following minerals is impulses in the nerve fibres of human body		
a) Calcium	b) Cobalt	
c) Iodine	d) Sodium	
(9) The S4 heart sound?		
a) Can be heard during systolic	b) Is often termed ventricular gallop	
c) Is usually due to heart murmur	d) Can be heard during diastolic	
(10) Which vitamin is added to bread, which red	uces the incidence of Pellagra	
a) Nicotinyl alcohol	b) Niacin	
c) Vitamin –C	d) Vitamin-A	
(11) A person who is suffering from high blood 1	pressure should cut down on	
a) sodium	b) potassium	
c) calcium	d) magnesium	
(12) Which of the following has the highest calo	rific value?	
a) Carbohydrates	b) Fats	
c) Proteins	d) Vitamins	
(13) Long periods of parenteral nutrition is not re	ecommended because of	
a) it increases the toxicity of blood	b) it puts pressure on the kidney	
c) it puts pressure on the heart	d) it causes the GI track to degenerate	
(14) Sweetex used by the diabetic patients has er	nergy content of -	
a) Five calories	b) Ten calories	
c) Hundred calories	d) Zero calorie	
(15) Which of the following cannot be a part of a	a vegan diet?	
a) Eggs	b) Fish	
c) Milk	d) vegetables	
(16) Which Vitamin in large amounts harms the	bones?	
a) A	b) B	
c) C	d) D	
(17) Which of the following is not an artificial sv	weetener?	
a) Saccharin	b) Aspartame	
c) Sucrose	d) neotame	
(18) In cases of renal insufficiency, what should	take in place of proteins?	
a) Triglycerides	b) Essential Amino Acids	
c) Glucose	d) Vitamin K	
(19) Which of the following is a rich source of C	Omega-3 oils?	
a) Dairy products	b) Cod-liver oil	
c) Vegetables	d) Wheat products	
(20) Which of the following is considered an east	sily digestible source of protein?	
a) Egg albumin	b) Soyabean	
c) Fish flesh	d) Red meat	

(21) wasning of peeled vegetables removes the vitami	n?
a) E	b) D
c) C	d) B
(22) Which of the following metals is a constituent of	Vitamin B12?
a) Iron	b) Magnesium
e) Zinc	d) Cobalt
(23) Piperine is a compound found in	
a) pepper	b) turmeric
c) cardamom	d) cloves
(24) Consider the following statements: Which of the	statements given above is / are correct?
a) Brinjal is a good source of iron.	b) Pumpkin is a good source of Vitamin A.
c) 1 only	d) Papaya is a good source of fat
(25) Which of the following is also sometimes referred	d to as Vitamin H?
a) Keratin	b) Niacin
c) Biotin	d) Riboflavin
(26) Which of the following are called macronutrients	?
a) Carbohydrates, Proteins, and Vitamins	b) Minerals, Proteins, and Vitamins
c) Carbohydrates, Proteins, and Fats	d) Proteins, Fats, and Minerals.
(27) Which of the following are the primary products	of photosynthesis?
a) . Proteins	b) Carbohydrates
c) Minerals	d) Water
(28) The elements present in the carbohydrates are-	
a) Carbon, Hydrogen, and Oxygen	b) Carbon, Hydrogen, and Nitrogen
c) Hydrogen, Oxygen, and Sulpher	d) Carbon, Oxygen, and Nitrogen
(29) Oligosaccharides are formed by how many sugar	molecules?
a) 2 to 5 monosugars	b) 3 to 6 monosugars
c) 3 to 10 monosugars	d) 5 to 10 monosugars
(30) Which of the following are structural polysacchar	rides
a) Cellulose and chitin	b) Cellulose and starch
c) Heprin and starch	d) None
(31) In which form body stores glucose?	
a) Cellulose	b) Starch
c) Glycogen and cellulose	d) Glycogen
(32) Niacin recommendation for adult male	
a) 13 mg/d	b) 14 mg/d
c) 12 mg/d	d) 16 mg/d
(33) Energy requirement for a new-born	
a) 92	b) 90
c) 91	d) 93
(34) Normal body weight of a new born baby	
a) 2.6 kg	b) 2.8 kg
c) 2.5 kg	d) 3 kg

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(35) The percentage of water in human body		
a) 65	b) 40	
c) 70	d) 80	
(36) Sickle Cell Anaemia is caused due to-		
a) Arginine	b) Aspartate	
c) Glutamic acid	d) Valine	
(37) Temperature maintained in Dry storage room is	°c	
a) 25-30	b) 20-25	
c) 30-50	d) 0-5	
(38) BCAA refers to-		
a) Isoleucine, valine, tryptophan	b) Isoleucine, valine, leucine	
c) Tryptophan, leucine, valine	d) Histidine, phenyl alanine,	
(39) SAM (Severe Acute Malnutrition) is-		
a) Weight to age	b) Weight to Height	
c) Weight to Weight	d) Z Score	
(40) Amylases in saliva begin the breakdown of carboh	ydrates into	
a) fatty acids	b) polypeptides	
c) amino acids	d) simple sugars	
(41) Your body needs vitamins and minerals because	·	
a) they give the body energy	b) they help carry out metabolic reactions	
c) they insulate the body's organs	d) they withdraw heat from the body	
(42) Food passes through the stomach directly by	·	
a) the large intestine	b) the small intestine	
c) the heart	d) the pancreas	
(43) About half of your diet should be made up of	·	
a) grains and vegetables	b) fruits and milk	
c) milk and cheese	d) fats and sugars	
(44) A mineral that the body needs to work properly is		
a) calcium	b) silver	
c) gold	d) lead	
(45) According to the MyPyramind food guidance system fat from	em, a person should obtain most oftheir	
a) beef, chicken, and fish	b) vegetables oils, nuts, and fish	
c) fats, oils, and sweets	d) milk, yogurt, and cheese	
(46) A(n) is a unit of energy that indicate food.	es the amount of energycontained in	
a) label	b) food guide pyramid	
c) calorie	d) basket	
(47) The bread, cereal, rice and pasta group is a good so	ource of?	
a) carbohydrate	b) vitamin C	
c) calcium	d) vitamin D	
(48) Citrus fruits are an excellent source of		

a) calcium	b) vitamin c
c) vitamin B	d) calories
(49) Foods from the meat, poultry, fish dry beauty of?	ans, eggs and nuts group are an importantsource
a) iron	b) fiber
c) beta carotene	d) calcium
(50) Which food contains the most fat?	
a) graham crackers	b) brownies
c) pudding	d) angel food cake
(51) The milk, cheese & yogurt group are imp	ortant for?
a) strong bones	b) teeth
c) muscles	d) all of these
(52) How many servings of vegetables do we	need each day?
a) 6-11	b) 2-3
c) 3-5	d) 44
(53) Which of the following nutrients is neede of the body?	d to build and maintain the structuralcomponents
a) Carbohydrates	b) Protein
c) Fat	d) Fiber
(54) Which of the following nutrients is known	n as the sunshine vitamin?
a) Vitamin C	b) Vitamin A
c) Vitamin K	d) Vitamin D
(55) All of the following are needed for strong	bones except:
a) Thiamin	b) Calcium
c) Magnesium	d) Vitamin D
(56) This mineral is essential for healthy red b	lood cells and a deficiency might causeanemia.
a) Iron	b) Magnesium
c) Iodine	d) Chromium
(57) This vitamin is needed to prevent a birth	defect called Spina Bifida
a) Vitamin D	b) Vitamin A
c) Folate	d) Vitamin E
(58) This nutrient is needed for making hormo	ones, healthier skin, and to make cellmembranes:
a) Fat	b) Carbohydrate
c) Fiber	d) Vitamin B12
(59) This nutrient is most important for health	y vision:
a) Vitamin K	b) Iron
c) Calcium	d) Vitamin A
(60) The United States Department of Agricul Oils and Sweets Group be used	ture's Daily Food Guide suggests that theFats,
a) once a week	b) four times a day
c) never on Sundays	d) sparingly