



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

(Multiple Choice Type Question)

1 x 60=60

Choose the correct alternative from the following :

- (1) Among the given nutrients milk is a poor 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 transplant 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 increase 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 like slow neural transmission, eg dementia, they should be given _____

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

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