

BRAINWARE UNIVERSITY

Term End Examination 2021 - 22 Programme – Bachelor of Business Administration in Hospital Management Course Name – Nutrition Course Code - BBAHMD602A (Semester VI)

Time allotted: 1 Hrs.15 Min. Full Marks: 60

[The figure in the margin indicates full marks.]

Group-A

(Multiple Choice Type Question) $1 \times 60 = 60$ Choose the correct alternative from the following: (1) 1.A person who has had a renal transplant should regulate the intake of a) carbohydrates b) Fat c) Protein d) Vitamin (2) In a child suffering from marasmus which of the following clinical manifestation is not observed? a) Watery diarrhea with acid stools b) Subnormal temperature c) Visible peristalsis from thin abdominal wal d) Generalized edema (3) 5. The food components present in sugar a) .Proteins b) Carbohydrates c) Vitamins d) Fats (4) 6. Percentage of water present in our body a) A.70 b) B.80 c) C.95 d) D.65 (5) PEM is mostly seen and has the most destructing consequences in a) adulthood and adolescence b) adolescence and early childhood c) infancy and early childhood d) only infancy (6). The type of nutrition in which more nutrients are consumed than the required quan tity for normal growth of the body a) pepsin-enzyme malnutrition b) mineral deficiency diseases c) over intake of nutrients d) protein energy malnutrition

(7) The structure within a cell that is concerned with energy is:

a) the cell membrane	b)) the cytoplasm	
c) (C) the nucleus	d) (D) the mitochondrion.	
(8) Which one of the following vitamins dissolves in water?		
a) D	b) K.	
c) retinol	d) thiamin	
(9) Shortage of which vitamin may lead to an increase in dental decay because of its rel ationship with calcium, particularly in children?		
a) A,	b) B	
c) C	d) D	
(10) A lack of vitamin B1 -thiamin- may cause one of the following deficiency diseases:		
a) beriberi	b) pellagra	
c) anemia	d) scurvy	
(11) Which of the following foods is not a good so	urce of iron?	
a) meat	b) (b) eggs	
c) c) milk	d) (d) liver.	
(12) Obesity is linked to several disorders of the body. Select one disorder from the follo wing that may arise in a person who is significantly overweight:		
a) cirrhosis of the liver	b) heart disease	
c) lung cancer	d) Anemia	
(13) Which vitamin deficiency disease may be found in severe alcoholism?		
a) beriberi	b) ricket	
c) pellagra	d) xerophthalmia	
(14) Which one of the following nutrients do adult women require in greater amounts tha n adult men?		
a) calcium	b) protein	
c) iron	d) Vitamin D	
(15) A vegan is:		
 a) a person who eats a diet consisting mainly of meat 	b) a person who does not eat vegetables	
c) a person who eats no food of animal origin	d) d) a person who eats no meat but may eat milk, cheese or eggs	
(16) Magnesium is present in which of the followir	ng?	
a) Cytochromes	b) ATP	
c) Chlorophyll	d) Hemoglobin	
(17) A 34- year-old female has reported with a hist old intolerance. She has been diagnosed with I fect of this disease on BMR?	•	
a) . BMR remains unaltered	b) BMR increases	
c) BMR down	d) There is initial rise with a subsequent fall	
(18) A child has presented with growth retardation, inability to walk and bruises all over the body. Which of the following nutrients should be recommended as a supplement to the diet		
a) Citrus fruits	b) Milk	
c) Egg yolk	d) Pulse	

a) A	b) B
c) C	d) D
(20) Choose the incorrect statement about BMR o	ut of the following
a) BMR is directly related to the surface area	b) BMR is inversely proportional to the age
c) BMR is increased in warm climate	d) Males have higher BMR than age matched females
(21) A person deficient in the visual pigment rhod	opsin should be advised to take more o
a) radish and potato	b) Carrot and ripe papaya
c) Guava and ripe banana	d) apple and grapes
(22) Vitamin K is required for	
a) synthesis of prothrombin	b) conversion of prothrombin to thrombin
c) formation of thromboplastin	d) Formation of prothrombinase
(23) Which of the following food components is ree of the human body?	equired for the growth and maintenanc
a) Proteins	b) Vitamins
c) Minerals	d) both (a) and (b)
(24) Which of the following food items provides of	lietary fiber?
a) Pulses	b) Wholegrain
c) Fruits and vegetables	d) all of the above
(25) Egg is a rich source of	
a) Proteins	b) vitamins
c) Minerals	d) all of the above
(26) Which of the following statements is false ab	out nutrients in milk?
a) Milk is a good source of calcium	b) Milk is a good source of protein
c) Milk is a good source of vitamin C	d) Milk is a good source of vitamin D
(27) Potatoes, cereals, beans, pulses and oats are r	ich in
a) Proteins	b) Vitamins
c) Minerals	d) Carbohydrates
(28) Which of the following is not a component of	f food?
a) Fats	b) Fibres
c) Water	d) None of the above
(29) Consider the following statements: 1. Brinjal a good source of Vitamin A. Which of the sta	-
a) 1 only	b) 2 only
c) Both 1 and 2	d) Neither 1 nor
(30) Which of the following is a rich source of On	nega-3 oils?
a) Dairy products	b) Cod-liver oil
c) Vegetables	d) Wheat product
(31) Which one of the following minerals is often elp reduce tooth decay?	added to the water supply in order to h

(19) Which Vitamin in large amounts harms the bones?

a) iodine	b) Fluorine
c) chlorine	d) potassium
(32) In the following which is NOT a trac	e element ?
a) Zinc	b) Iodine
c) Fluorine	d) Sodium
(33) The disease which is characterised by	/ 3D's is ?
a) Pellagra	b) Marasmus
c) Meningitis	d) Scurvy
(34) This vitamin is needed to prevent a b	irth defect called Spina Bifida
a) Vitamin D	b) Folate
c) Vitamin D	d) Vitamin C
(35) Which one of the following people is ment from food, given that they are a	most likely to have the highest energy require ll of similar size, and so on:
a) a student	b) a shop assistant
c) an office worker	d) a farmer.
(36) Excess energy from the diet is most l	ikely to be stored in the body as:
a) fat	b) sugar
c) fibre	d) salt
(37) A diet high in saturated fats can be lin	nked to which of the following?
a) kidney failure	b) B bulimia
c) C anorexia	d) cardiovascular disease
(38) . A(N) Is A Unit of Enntained In Food.	ergy That Indicates The Amount Of Energy Co
a) A Label	b) B Food Guide Pyramid
c) C Calorie	d) D Basket
(39) Which of the following is a compone	nt of the coenzyme A?
a) (a) Retinol (b) b) Pyridoxine
c) (c) Retinoic acid	d) d) Pantothenic acid
(40) Who is most likely to develop scurvy	– A vitamin C deficiency?
a) a) A pregnant woman	b) A malnourished child
c) (c) A long-time alcoholic	d) (d) A person with the eating disorder anore xia nervosa
(41) Which is the leading cause of blindne	ess in children worldwide?
a) (a) Glaucoma	b) (b) Cataracts
c) c) Colour blindness	d) (d) Vitamin A deficiency
(42) Which of the following vitamin helps	s in blood clotting?
a) (a) Vitamin A	b) (b) Vitamin C
c) (c) Vitamin D	d) d) Vitamin K
(43) Which of the following food sources	has the highest levels of vitamin C?
a) a) Parsley	b) b) Broccoli
c) (c) Black currants	d) d) Orange juice
(44). The cause of short-term or acute vit	amin A poisoning is due to

a) (a) Eating the liver of Mule deer	b) (b) Eating the liver of Buffalo	
c) (c) Eating the liver of Ostrich	d) d)Eating the liver of Polar bear	
(45) .Ascorbic acid acts as an		
a) A. reducing agent	b) B. oxidizing agent	
c) C. oxidizing and reducing agent both	d) D. none of the above	
(46) Which of the following vitamin serves as a hormone precursor?		
a) Vitamin C	b) Vitamin A	
c) Vitamin K	d) Vitamin D	
(47) Megaloblastic anemia is caused due to deficiency of		
a) a) Cobalamin	b) b) Pyridoxine	
c) c) Niacin	d) d) Folic acid	
(48) The class of compounds showing vitamin E activity are called		
a) a) phytonadiones	b) b) tocopherols	
c) c) ergocalciferols	d) d) pyridoxines	
(49) Which of the following vitamins are stored in human tissues?		
a) A. B1	b) B. B2	
c) C. B6	d) D. K	
(50) When the food is directly given in the veins, it	is called nutrition. A	
a) Parenteral	b) Enteral	
c) Intravenous	d) Saline	
(51) Osteomalacia is the deficiency disease of		
a) A.Vitamin A	b) B.Calcium	
c) C.Vitamin D	d) D.Vitamin E	
(52) hormone is produced by alpha-cells	s in the pancreas.	
a) a. Insulin	b) b. Growth Hormone	
c) c. Glucagon	d) d. Adrenaline	
(53) Hypoglycemia occurs when blood sugar falls b	relow mg/dl?	
a) a. 70	b) b. 80	
c) c. 60	d) d. 50	
(54) Monosaccharides are formed by how many sug	gar molecules?	
a) One sugar molecule	b) Three sugar molecules	
c) Five sugar molecules	d) Two sugar molecules	
(55) Which of the following is found more in the hucow, buffalo, and goat?	man milk in compression to milk of	
a) a. Lactose	b) b. Fructose	
c) c. Starch	d) d. Cellulose	
(56). Which of the following are called macronutric	ents?	
a) a. Carbohydrates, Proteins, and Vitamins	b) b. Minerals, Proteins, and Vitamins	
c) c. Carbohydrates, Proteins, and Fats.	d) d. Proteins, Fats, and Minerals	
(57) The vitamin necessary for coagulation of blood is		
a) A Vitamin B	b) B Vitamin C	
c) C Vitamin K	d) D Vitamin E	
(58)is an example of a hydrogenated fa	t.	

- a) A Butter
 b) B Olive oil
 c) C Margarine
 d) D Fiber
 (59) Which of the following cannot be a part of a vegan diet? 1. eggs 2. fish 3. milk 4. ve getables
 a) A 1 and 2
 b) B 1, 2 and 3
- (60) This nutrient is needed for making hormones, healthier skin, and to make cell memb ranes:

d) D All of the above

a) A Carbohydrateb) B Fiberc) C Vitamin B12d) D Fat

c) C Only 2