



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 x 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 wall	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 quantity 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
c) (C) the nucleus
- b)) the cytoplasm
d) (D) the mitochondrion.
- (8) Which one of the following vitamins dissolves in water?
a) D
c) retinol
- b) K.
d) thiamin
- (9) Shortage of which vitamin may lead to an increase in dental decay because of its relationship with calcium, particularly in children?
a) A,
c) C
- b) B
d) D
- (10) A lack of vitamin B1 -thiamin- may cause one of the following deficiency diseases:
a) beriberi
c) anemia
- b) pellagra
d) scurvy
- (11) Which of the following foods is not a good source of iron?
a) meat
c) c) milk
- b) (b) eggs
d) (d) liver.
- (12) Obesity is linked to several disorders of the body. Select one disorder from the following that may arise in a person who is significantly overweight:
a) cirrhosis of the liver
c) lung cancer
- b) heart disease
d) Anemia
- (13) Which vitamin deficiency disease may be found in severe alcoholism?
a) beriberi
c) pellagra
- b) ricket
d) xerophthalmia
- (14) Which one of the following nutrients do adult women require in greater amounts than adult men?
a) calcium
c) iron
- b) protein
d) Vitamin D
- (15) A vegan is:
a) a person who eats a diet consisting mainly of meat
c) a person who eats no food of animal origin
- b) a person who does not eat vegetables
d) d) a person who eats no meat but may eat milk, cheese or eggs
- (16) Magnesium is present in which of the following?
a) Cytochromes
c) Chlorophyll
- b) ATP
d) Hemoglobin
- (17) A 34- year-old female has reported with a history of forgetfulness, loss of hair and cold intolerance. She has been diagnosed with hypothyroidism. What would be the effect of this disease on BMR?
a) . BMR remains unaltered
c) BMR down
- b) BMR increases
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
c) Egg yolk
- b) Milk
d) Pulse

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

- a) A Butter
- c) C Margarine

- b) B Olive oil
- d) D Fiber

(59) Which of the following cannot be a part of a vegan diet? 1. eggs 2. fish 3. milk 4. vegetables

- a) A 1 and 2
- c) C Only 2

- b) B 1, 2 and 3
- d) D All of the above

(60) This nutrient is needed for making hormones, healthier skin, and to make cell membranes:

- a) A Carbohydrate
- c) C Vitamin B12

- b) B Fiber
- d) D Fat