TH241181MDC

Reg. No.....

Name.....

FYUG PROGRAMME EXAMINATIONS, NOVEMBER 2024

(2024 Admission Regular)

SEMESTER I – MDC (CLINICAL NUTRITION AND DIETETICS)

CNTMDC01B24 – FOOD AND NUTRITION

Time: 1 Hour **Maximum Marks: 35**

I. Answer all the questions. Each question carries 1 mark

Q.No:	QUESTIONS	Ans.	CO	LEVEL
1.	Indicate the percentage of total calories that should ideally come from nuts, vegetables, fruits, and milk in a balanced diet. a) 25% b) 40% c) 50% d) 30%		1	U
2.	State the effect of following the MyPlate model on insulin sensitivity. a) Prevents insulin resistance b) Increases insulin resistance c) Has no effect on insulin sensitivity d) Causes hyperglycemia		1	R
3.	Identify the type of interrelationship between Vitamin E and Selenium. a) Competitive interrelationship b) Chemical combination or reaction c) Precursor interrelationship d) Exchange interrelationship		1	U
4.	State the relationship between EAR and RDAs. a) EAR is unrelated to RDAs. b) EAR is used as a basis for setting RDAs. c) RDAs are always higher than EAR. d) RDAs are determined independently of EAR.		1	R
5.	State one of the key outcomes of using EAR in national and international surveys. a) Identifying trends in food prices b) Recognizing potential nutritional deficiencies c) Assessing food production levels d) Evaluating marketing strategies		1	R
6.	Select the correct intake of milk and milk products recommended for a 2000 Kcal diet. a) 200-250 ml/day b) 250-300 ml/day c) 300-350 ml/day d) 350-400 ml/day		1	R
7.	State the main reason for variability in nutrient requirements among adults. a) Body size and weight b) Personal preferences c) Dietary habits d) Physical activity		1	R

8.	Identify the primary occupation activity level of the reference man during his working hours. a) Light activity b) Moderate activity c) High activity d) Heavy intensity		1	R
9.	Identify the nutrients that can be lacked in vegan diets. a) Vitamin B12 b) Iron c) Zinc d) All of the above		2	R
10.	Select the vitamin also known as vitamin H. a) Vitamin B1 b) Vitamin B3 c) Vitamin B5 d) Vitamin B7		2	U
11.	Indicate the active form of Vitamin B6. a) Pyridoxal 5'-phosphate b) Pyridoxal pyro phosphate c) Pyridoxal phosphate d) None of the above		2	U
12.	State the vitamin deficiency which causes rickets. a) Vitamin A b) Vitamin B c) Vitamin D d) Vitamin K		1	R
13.	Identify the food that contain probiotics. a) Yogurt b) Fermented foods c) Both of the above d) None of the above		1	U
14.	Select the active form of Vitamin B6. a) Pyridoxal 5'-phosphate b) Pyridoxal pyro phosphate c) Pyridoxal phosphate d) None of the above		2	U
15.	Identify the vitamin discovered by roger Williams in 1919. a) Vitamin B1 b) Vitamin B2 c) Vitamin B3 d) Vitamin B5		2	U
16.	State which vitamin causes beriberi a) Vitamin B1 b) Vitamin B2 c) Vitamin B3 d) Vitamin B6		2	U
17.	Select the vitamin which is also known as pyridoxine. a) Vitamin B6 b) Vitamin B7 c) Vitamin B9 d) Vitamin B12		2	U

18.	Indicate the vitamin which is also known as tocopherol. a) Vitamin A b) Vitamin C c) Vitamin D d) Vitamin E		2	U
19.	Identify the odd one a) Vitamin C b) Vitamin D c) Vitamin E d) Vitamin K		2	U
20.	Select the most important provitamin. a) retinol b) retinal c) retinoic acid d) beta carotene		2	R
21.	State the sunshine vitamin. a) Vitamin C b) Vitamin D c) Vitamin E d) Vitamin K		2	R
22.	Select deficiency of which vitamin leads to Megaloblastic or pernicious anaemia. a) Vitamin B3 b) Vitamin B6 c) Vitamin B9 d) Vitamin B12		2	U
23.	Identify the correct expansion for the coenzyme TPP a) Thiamine pyrophosphate b) Thiamine pent phosphate c) Thiamine phosphate d) Thiamine prophosphate		2	U
24.	Indicate the clotting vitamin. a) Vitamin C b) Vitamin D c) Vitamin E d) Vitamin K		2	R
25.	Identify the vitamin also known as niacin. a) Vitamin B1 b) Vitamin B2 c) Vitamin B3 d) Vitamin B7		2	R
26.	Select the energy releasing B complex vitamins a) Vitamin B1 b) Vitamin B2 c) Vitamin B3 d) All of the above		2	U
27.	State the characteristic of non-heme iron. a) It is found only in animal sources. b) It is absorbed more readily than heme iron. c) It is less readily absorbed compared to heme iron.		2	R

	d) It does not require vitamin C for absorption.			
28.	Select the seed that is rich in calcium. a) Sunflower seeds b) Sesame seeds c) Pumpkin seeds d) Flaxseeds		2	R
29.	Select the stored form of energy for carbohydrates found in the liver and muscles. a) Starch b) Glycogen c) Glucose d) Cellulose		2	U
30.	Select the richest animal-based source of selenium. a) Chicken b) Organ meat c) Milk d) Egg		2	U
31.	Identify the source of monounsaturated fatty acids. a) Coconut oil b) Olive oil c) Sunflower oil d) Flaxseed oil		2	U
32.	Identify the type of proteins that lack one or more essential amino acids. a) Complete proteins b) Incomplete proteins c) Complementary proteins d) Non-protein sources		2	R
33.	Select the minerals involved in DNA synthesis. a) Calcium, selenium and iodine. b) Potassium, iron, zinc. c) Sodium, iron, iodine. d) Phosphorus, selenium, zinc.		2	U
34.	Select the richest plant-based source of zinc. a) Broccoli b) Peach c) Avocados d) Nuts		2	R
35.	Select the plant-based sources of phosphorus. a) Mushrooms, wheat germ and green leafy vegetables b) Yams, tofu and chia seeds c) Nuts, legumes and whole grains d) Bananas, oranges and avocados		2	U

(35x1=35)

Checked by
Section Officer

CO – Course Outcomes Level : R – Remember, U – Understand, Ap- Apply, An- Analyze, E- Evaluate, C- Create