

Section 1 - Section 1

Question No.1

4.00

Bookmark

An example for proteolytic enzyme is

- Amylase
- Pepsin
- Insulin
- Lipase

Question No.2

4.00

Bookmark

Based on gender nutritional requirements changes after the age of _____

- 12 Years
- 15 Years
- 10 Years
- 5 Years

Question No.3

4.00

Bookmark

Portion size for balance diet for an adult is based mainly on their _____

- Physical activity
- Gender
- Appearance
- Age

Question No.4

4.00

Bookmark

Low hemoglobin percent in blood causes _____

- Anemia
- Marasmus
- Nutritional stunting
- Hypoglycemia

Question No.5

4.00

Bookmark

Protein present in hair is

- Keratin
- Zein
- Albumin
- Gluten

Question No.6

4.00

Bookmark

School going children should be thought _____

- Junk food pyramid
- Food regulatory pyramid
- WHO guidelines
- Food guide pyramid

Question No.7

4.00

Bookmark

Based on the information given answer the following question.

1. In a family of six persons, there are people from three generations. Each has separate professions and they like different colours. There are two couples.
2. Shyam is an Engineer and his wife is not a doctor and she does not like Red colour.
3. Chartered Accountant likes green colour and his wife is a teacher.
4. Manisha is the mother-in-law of Sunita and she likes orange colour.
5. Vimal is the grand father of Tarun and tarun is the Principal and likes black colour.
6. Nyna is the grand daughter of Manisha and she likes blue colour. Nyna's Mother likes white colour.

Who is the Chartered Accountant?

- Manisha
- Vimal
- Nyna
- None of these

Question No.8

4.00

Bookmark

Food packaging is essential for _____

- Transportation
- To prevent moisture loss
- To prevent spoilage and maintain quality
- All the options are correct

Question No.9

4.00

Bookmark

One teaspoon of ghee provides _____ Kcal of energy

- 45
- 50
- 40
- 55

Question No.10

4.00

Bookmark

Consumption of sticky sweets results in _____

- Dental carries
- Malnourishment
- Poor weight
- Poor sleep

Question No.11

4.00

Bookmark

Ozone depletion in the stratosphere will cause

- Increased incidence of skin cancer
- Forest fires
- Global warming
- None

Question No.12

4.00

Bookmark

Boiling, steaming or pressure cooking are considered as _____ of food preparation.

- Fried method
- Pickling method
- Dry method
- Wet method

Question No.13

4.00

Bookmark

Nephritis is caused due to repeated infections of

- Yeasts
- Streptococcus

- Salmonella
- Ecoli

Question No.14

4.00

Bookmark

Mesophilic organisms grows at _____

- 0 – 20°C
- 50 – 60°C
- 25 – 40°C
- None of these

Question No.15

4.00

Bookmark

Golden rice is genetically modified to contain excess of

- Omega 3 fatty acid
- Lycopene
- β carotene
- Lutein

Question No.16

4.00

Bookmark

According to WHO Individual between 10-19 years are considered _____

- Infants
- Adolescent
- Adult
- Preschoolers

Question No.17

4.00

Bookmark

Amount of protein present in soyabean is _____%

- 35
- 30
- 25
- 40

Question No.18

4.00

Bookmark

Study the following information carefully and answer the question below it

Lakshman passes through seven lanes to reach his school. He finds that 'Truth lane' is between his house and 'Lie lane'. The third lane from his school is 'Karma lane'. 'Dharma lane' is immediately before the 'Yog lane'. He passes 'Salvation lane' at the end, 'Lie lane' is between 'Truth lane' and 'Dharma lane', the sixth lane from his house is 'Devotion lane'.

How many lanes are there between 'Lie lane' and 'Devotion lane'?

- five
- two
- four
- three

Question No.19

4.00

Bookmark

Reabsorption of water in the kidney is controlled by

- Growth hormone
- Antidiuretic hormone
- Oxytocin
- Aldosterone

Question No.20

4.00

Bookmark

Significance of World Food Day is

- Foundation day of FAO
- Foundation day of ICAR
- Foundation day of ICMR
- Foundation day of WHO

Question No.21

4.00

Bookmark

Choose the correct meaning of the italicized idiom.

The party in power *came down* on the side of a flexible and early economic policy to help the weaker sections.

- Decide to speak secretly
- Decide to rebuke severely
- Decide to support
- Decide to go to the corner

Question No.22

4.00

Bookmark

Constipation caused due to lack of fluid is

- Spastic
- Obstructive
- Atonic
- Tonic

Question No.23

4.00

Bookmark

Cut vegetables, when exposed to air for long duration causes loss of _____

- Carbohydrates
- Vitamins
- Minerals
- Lipids

Question No.24

4.00

Bookmark

Vitamin A deficiency causes _____

- Bigot's spot
- Dermatitis
- Bone deformity
- All the above

Question No.25

4.00

Bookmark

Cooking of starch drastically improves _____

- Flavor
- Texture
- Digestibility
- None of these

Question No.26

4.00

Bookmark

Nutrition is defined as _____

- Science of foods, the nutrients, their interaction and balance to health and disease
- Science of foods, balance to disease
- Science of ingestion, digestion, absorption
- Science of nutrients

Question No.27

4.00

Bookmark

Prevalence of Bitot Spot to call it a public health problem is

- >0.50 %
- >0.01 %
- >0.10 %
- >0.05 %

Question No.28

4.00

Bookmark

Fat calories in a balanced diet should be _____ % of total calories

- 10-12
- 50-60
- 40-50
- 20-25

Question No.29

4.00

Bookmark

Canning of foods is based on principles of _____

- Cold sterilization
- Clarification
- Heat sterilization
- All the above

Question No.30

4.00

Bookmark

Statement: Opening a Library in Achupatti will be a wastage.

Assumptions:

I. Inhabitants of Achupatti are illiterate.

II. Inhabitants of Achupatti are not interested in reading

- If only assumption II is implicit
- If neither I nor II is implicit
- If both I and II are implicit
- If only assumption I is implicit

Question No.31

4.00

Bookmark

The organ that stores bile is

- Kidney
- Brain
- Liver
- Gall bladder

Question No.32

4.00

Bookmark

Lipid digesting enzyme present in saliva is

- Amylase
- Pepsin
- Lingual Lipase
- Pancreatin

Question No.33

4.00

Bookmark

Factors that affect the growth of bacteria in the food are known as _____

- Explicit factors
- Intrinsic factors
- Processing factors
- Implicit factor

Question No.34

4.00

Bookmark

Normal fasting blood sugar level is _____ mg/dl

- 60-120
- 70-100
- 120-130
- 60-100

Question No.35

4.00

Bookmark

Hyperkalaemia occurs only in severe

- Cirrhosis
- Glomerular filtration failure
- Diabetes
- Hypertension

Question No.36

4.00

Bookmark

Thermophilic micro-organism grows at _____

- 20 – 35°C
- 40 – 80°C
- 30 - 50°C
- 10 – 20°C

Question No.37

4.00

Bookmark

During pregnancy folate requirement increases to _____

- 200 ug/day
- 400 ug/day
- 250 ug/day
- 300 ug/day

Question No.38

4.00

Bookmark

Kupffer's cells are found in

- Bones
- Brain
- Liver
- Spleen

Question No.39

4.00

Bookmark

FSSAI stands for

- Food Standards and Social Authority of India
- Food Security and Standards Authority of India
- Food Standards and Safety Authority of India
- Food Safety and Standards Authority of India

Question No.40

4.00

Bookmark

T-Lymphocytes first mature in

- Thymus
- Liver
- Pancreas
- Spleen

Question No.41

4.00

Bookmark

Heart covering is called

- Myocardium
- Pleural membrane
- Pericardium
- Peritoneum

Question No.42

4.00

Bookmark

Bile juice is essential for digestion of

- Protein
- Carbohydrate
- Fat
- Calcium

Question No.43

4.00

Bookmark

book : _____ : : comb : tooth

- Title
- Knowledge
- Cover
- Page

Question No.44

4.00

Bookmark

Find the odd one out?

- Cover : Page
- Chair : Arm
- Flower : Petal
- Circle : Arc

Question No.45

4.00

Bookmark

Essential amino acid limiting in pulses is

- Methionine
- Tyrosine
- Lysine
- Glycine

Question No.46

4.00

Bookmark

Niacin deficiency causes _____

- Underweight
- Tongue fissuring
- CVD
- None of the above

Question No.47

4.00

Bookmark

D and Z value are critical in food _____

- Contamination
- Preservation
- Storage
- None of these

Question No.48

4.00

Bookmark

A source of omega 3 fatty acid is

- Ghee
- Dry coconut
- Butter
- Linseed

Question No.49

4.00

Bookmark

Lactose comprises of glucose and _____

- Sucrose
- Maltose
- Galactose
- Fructose

Question No.50

4.00

Bookmark

The cut off point for anemia in pregnant women is

- 11mg/dl
- 12mg/dl
- 10mg/dl
- 13mg/dl

Question No.51

4.00

Bookmark

Choose the correct meaning of the italicized idiom.

When Peter left he was extremely disappointed. I think he has *gone for good*.

- To a good place
- To a foreign country
- Permanently
- To seek good fortune

Question No.52

4.00

Bookmark

Pre school children health status is evaluated by using _____

- Growth index
- Growth curve
- Growth chart
- Growth marker

Question No.53

4.00

Bookmark

Select the Pair that best represents the relationship that is given in the question:

Professor : Erudite

- Entrepreneur : Hardwork
- Inventor : Imaginative
- Carpenter : Furniture
- Mason : Architecture

Question No.54

4.00

Bookmark

Based on physiological functions foods can be divided into _____

- 3 groups
- 4 groups
- 2 groups
- 5 groups

Question No.55

4.00

Bookmark

During pregnancy glycosuria results in _____

- Preterm birth
- Hypertension
- Gestational diabetes mellitus
- None of the above

Question No.56

4.00

Bookmark

Study the following information carefully and answer the question below it:

P, Q, R, S T went on a picnic. P is son of Q but Q is not the father of P. R is the son of S, who is the brother of P. T is the wife of S.

How many males are present in the group?

- 4
- 2
- 1
- 3

Question No.57

4.00

Bookmark

Study the following information carefully and answer the question below it

The Director of an MBA college has decided that six guest lectures on the topics of Motivation, Decision Making, Quality Circle, Assessment Centre, Leadership and Group Discussion are to be organised on each day from Monday to Sunday.

- (i) One day there will be no lecture (Saturday is not that day), just before that day Group Discussion will be organised.
- (ii) Motivation should be organised immediately after Assessment Centre.
- (iii) Quality Circle should be organised on Wednesday and should not be followed by Group Discussion
- (iv) Decision Making should be organised on Friday and there should be a gap of two days between Leadership and Group Discussion

On which day there is no lecture?

- Tuesday
- Monday
- Wednesday
- Sunday

Question No.58

4.00

Bookmark

PEM stands for _____

- Protein energy mass
- Protein energy malnutrition
- Protein equal muscle
- Protein equal malnutrition

Question No.59

4.00

Bookmark

RDA for an expectant mother recommends additional _____

- 300 kcal
- 250 kcal
- 200 kcal
- 350 kcal

Question No.60

4.00

Bookmark

It is important to realize that the ties that bind us together in common activity are so _____ that they can disappear at any moment.

- tenacious
- tentative
- restrictive
- tenuous

Question No.61

4.00

Bookmark

Which of the following best describes the polysaccharide cellulose?

- α 1,4-O- β -linked poly-D-galactose
- α 1,4-O- β -linked poly-D-glucose
- α 1,4-O- α -linked poly-D-glucose
- α 1,4-O- α -linked poly-D-galactose

Question No.62

4.00

Bookmark

One day, Ravi walked a distance of 75 metres towards the north. Then he turned left and walked for about 25 metres, he turned left again and walked 80 metres. Finally, he turned to the right at an angle of 45° . In which direction was he moving finally?

- South-east
- North-west
- South-west
- North-east

Question No.63

4.00

Bookmark

Significant feature of Kwashiorkor is _____

- Less height
- Low weight
- Both low height and weight
- Oedema

Question No.64

4.00

Bookmark

Bulimia Nervosa among adolescent girl is _____

- Eating disorder
- Normal growth pattern
- Weight loss method
- Weight gain method

Question No.65

4.00

Bookmark

Fat soluble vitamins can not be utilized without _____

- Lipids
- Minerals
- Water
- Protein

Question No.66

4.00

Bookmark

For Indian food industry the standards are specified by _____

- WHO
- FSSAI
- FPO
- FAO

Question No.67

4.00

Bookmark

Ribosome is center(site) for

- Protein synthesis
- Respiration
- Lipid synthesis
- Glucose synthesis

Question No.68

4.00

Bookmark

Moisture retention agents are also called

- Anticaking agents
- Preservatives
- Humectants
- Flavor enhancers

Question No.69

4.00

Bookmark

Mid- Day meal programme is designed by Government for _____

- School going children
- Teenagers
- Adults
- Teachers

Question No.70

4.00

Bookmark

The calorific value of fats is _____

- 9
- 4
- 8
- 6

Question No.71

4.00

Bookmark

Statements: Stories are True, All true incidents are rumours.

Conclusion:

I. Stories are rumours.

II. Rumours are stories

- If either I or II follows
- If only conclusion II follows
- If only conclusion I follows
- If neither I nor II follows

Question No.72

4.00

Bookmark

Choose the antonym of the italicized word.

The habit of *squandering* money should not be encouraged.

- discarding
- collecting
- hoarding
- saving

Question No.73

4.00

Bookmark

_____ is a good cholesterol

- VLDL
- Cholesterol
- LDL
- HDL

Question No.74

4.00

Bookmark

Generation time is the time required for population to _____

- Four times
- Double
- None of these
- Triple

Question No.75

4.00

Bookmark

Edema is seen in _____ deficiency

- Thiamine
- Riboflavin
- Niacin
- Folic acid

Question No.76

4.00

Bookmark

Main aim of food preservation is to prevent contamination from _____

- Physical
- Microbes
- Chemical
- Human

Question No.77

4.00

Bookmark

Mixed vegetable puree is an example of _____ diet

- Normal
- Fullliquid
- Soft
- Clear fluid

Question No.78

4.00

Bookmark

The hormones employed in glucose homeostasis are

- Insulin and glucagon
- Glucagon and statin
- Pancreatinand pepsin
- Insulin and estrogen

Question No.79

4.00

Bookmark

Principles for planning the meal is _____

- RID
- RPA
- DI
- RDA

Question No.80

4.00

Bookmark 

- 4
- 3
- 1
- 2

Question No.81

4.00

Bookmark

Nissl granules are found in

- Nephron
- Hepatic cells
- Nerve cell
- Brain

Question No.82

4.00

Bookmark

An example of conjugated protein is

- Hemoglobin
- Peptides
- Globulin
- Albumin

Question No.83

4.00

Bookmark

Deficiency of _____ affects the growth of bones in preschool children

- Fats
- Carbohydrates
- Vitamins
- Calcium

Question No.84

4.00

Bookmark

Choose the best synonym of the italicized word.

Nobody knew that Sunil had a *sinister* design in marrying her.

- evil
- murderous
- sinful
- selfish

Question No.85

4.00

Bookmark

Example of empty calorie food is _____

- Health drinks
- Fruit juice
- Carbohydrate drinks
- Milk shakes

Question No.86

4.00

Bookmark

_____ is the fermented vegetable product

- Sauerkraut
- Soy sauce
- Nari
- Miso

Question No.87

4.00

Bookmark

Only incomplete animal protein is

- Keratin
- Gelatin
- Glycogen
- Zein

Question No.88

4.00

Bookmark

During HTST (high temperature short time) food products are heated for a period of _____

- 15 seconds
- 15 minutes
- 30 seconds
- 30 minutes

Question No.89

4.00

Bookmark

The temperature found in cellar storage is about _____

- 5°C
- 0°C
- 15°C
- 10°C

Question No.90

4.00

Bookmark

An example of non essential fatty acid

- Linoleic acid
- Linolenic acid
- Arachidonic acid
- Palmitic acid

Question No.91

4.00

Bookmark

Each meal should consist of _____ food groups.

- Three
- Five
- Eight
- Six

Question No.92

4.00

Bookmark

Dad often comes home late these days, _____?

- is it?
- does he?
- doesn't he?
- isn't it?

Question No.93

4.00

Bookmark

Psychologist : Neurosis

- Oncologist: Measles
- Opthamologist : Catract
- Kids : Pediatrician
- Dermatologist: Sprain

Question No.94

4.00

Bookmark

Melatonin is secreted by _____ gland

- Pineal
- Pituitary
- Thyroid
- Adrenal

Question No.95

4.00

Bookmark

Foods rich in carbohydrates are _____

- Vegetables
- Oils and fats
- Nuts and seeds
- Cereals, millets, tubers

Question No.96

4.00

Bookmark

_____ she had been lied to, Sally got really angry.

- If Sally discovered
- Having discovered
- Sally discovered
- Sally when discovered

Question No.97

4.00

Bookmark

BMI stands for _____

- Basic Muscle Indices
- Basal Mass Index
- Body Mass Index
- Based Metabolic Index

Question No.98

4.00

Bookmark

Acid base balance is maintained by

- Brain
- Gall bladder
- Stomach
- Kidney

Question No.99

4.00

Bookmark

Choose the correct meaning of the italicized idiom.

Raju has a very nice manner, but you would better take what he says *with a grain of salt*.

- To complement
- To criticize
- To talk sensibly
- To listen to something with considerable doubt

Question No.100

4.00

Bookmark

Waxy starch contains more of

- Cellulose
- Dextrin
- Amylopectin
- Amylose