Name: **Enrolment No:**	UPES UNIVERSITY WITH A PURPOSE

UNIVERSITY OF PETROLEUM AND ENERGY STUDIES
End Semester Examination, July 2020

Course: Principles of Nutrition II **Semester: IInd**
Program: B.Sc. (Food, Nutrition and Dietetics) **Time 03 hrs.**
Course Code: HSCC_1006 **Max. Marks: 100**

Instructions: Read the paper carefully. All questions are compulsory.

Multiple Choice Questions/True or False/ Fill in the blanks/ Multiple answer questions

S. No.	**Each question carries one mark**. (100 Questions) **All questions should map all the COs in course and ensure equal number of questions for each CO.**	**Marks**	**CO**
Q 1	Insensible water loss occurs through urination. A. TRUE B. FALSE	**1**	CO1
Q 2	Metabolic acidosis may be caused by vomiting and excessive aldosterone secretion. A. TRUE B. FALSE	**1**	CO1
Q 3	Abnormally high levels of CO2 in the blood would result in respiratory alkalosis. A. TRUE B. FALSE	**1**	CO1
Q 4	The most important source of acids in the body is ingestion of acidic foods such as oranges, lemons, and other citrus fruits. A. TRUE B. FALSE	**1**	CO1
Q 5	When water intake equals water output, water balance is achieved. A. TRUE B. FALSE	**1**	CO1
Q 6	Fats do not provide energy to our body. A. TRUE B. FALSE	**1**	CO1

Q 7	Edema is caused by increased movement of fluid from the plasma into the interstitial fluids. A. TRUE B. FALSE	**1**	CO1
Q 8	Potassium is the cation of the ICF and is also an important constituent of the ECF. A. TRUE B. FALSE	**1**	CO1
Q 9	Variation in total body water is due to differences in protein content. A. TRUE B. FALSE	**1**	CO1
Q 10	Hyponatremia is commonly caused by either retention of water or loss of Sodium. A. TRUE B. FALSE	**1**	CO1
Q 11	The normal functioning of cells is dependent on a proper balance of prooxidants and antioxidants. A. TRUE B. FALSE	**1**	CO2
Q 12	There are 3 known free radicals, the superoxide, the hydroxyl and the peroxide. A. TRUE B. FALSE	**1**	CO2
Q 13	In adults, total body water accounts for about _____ of the lean body mass.	**1**	CO1
Q 14	The _____ is the brain center that controls activities such as maintanence of water balance, regulation of body temperature.	**1**	CO1
Q 15	Metabolically active such as brain, liver, blood and muscles contain more water than _____ .	**1**	CO1
Q 16	The fluids, which exists inside the cells are called _____which forms 55% of water in the body.	**1**	CO1
Q 17	The positively charged electrolytes is known as _____ .	**1**	CO1
Q 18	The negatively charged electrolytes is known as _____ .	**1**	CO1
Q 19	_____ protect biological systems against the potentially harmful effects of processes or reactions that can cause excessive oxidation.	**1**	CO2
Q 20	Vitamin C is strong reducing agent and serves as an _____ .	**1**	CO2

Q 21	_____ are biologically active phytochemicals that possess health benefits.	**1**	CO2
Q 22	_____covers most of the therapeutics areas such as anti-arthritic, cold and cough.	**1**	CO2
Q 23	In iodine deficiency there is increased prevalence of_____ .	**1**	CO4
Q 24	Hypothyroidism and cretinism develops due to the deficiency of _____ .	**1**	CO4
Q 25	_____and thiocynate are important goitrogens	**1**	CO4
Q 26	_____ is a fat-soluble vitamin that is important for many bodily functions, including proper vision, a strong immune system, reproduction and good skin health.	**1**	CO2
Q 27	Preformed vitamin A is also known as _____and commonly found in meat, fish, eggs and dairy products.	**1**	CO2
Q 28	_____ is defined as a decrease in the number of red blood cells or the amount of hemoglobin in the blood.	**1**	CO2
Q 29	Iron deficiency anemia can be prevented by eating a diet containing sufficient amounts of_____ .	**1**	CO2
Q 30	_____ is the protein in your RBCs that is responsible for carrying oxygen to your tissues.	**1**	CO2
Q 31	WHO defines _____ as the cellular imbalance between the supply of nutrient and energy and the body's demand.	**1**	CO2
Q 32	_____ is a form of malnutrition that is defined as a range of pathological conditions arising from coincident lack of dietary protein and/or energy (calories) in varying proportions.	**1**	CO2
Q 33	1st National nutritional disorder is _____ .	**1**	CO4
Q 34	_____ is low weight for height.	**1**	CO4
Q 35	_____ is low height for age.	**1**	CO4
Q 36	Greek word _____ which means withering or wasting.	**1**	CO4
Q 37	Moon face occurs due to _____ .	**1**	CO4
Q 38	All the following are important electrolytes in the body except. A. potassium ions B. carbon ions C. chloride ions D. sodium ions	**1**	CO1

Q 39	A base may be defined as a chemical compound that_____ . A. removes hydrogen ions from a solution B. adds sodium chloride to a solution C. adds hydrogen ions to a solution D. eliminates sodium ions from a solution	**1**	CO1
Q 40	The intracellular fluid compartment refers to all the water found in _____ . A. areas within the gastrointestinal tract B. the bones of the body C. areas outside the body cells D. all cells of the body	**1**	CO1
Q 41	Approximately one-third of the body water exists in the_____ . A.Blood B.extracellular fluid compartment C. kidneys and urinary bladder D.transcellular fluid compartment	**1**	CO3
Q 42	In the process of osmosis_____. A. water moves from a region of low solute concentration to a region of high solute concentration B. water moves from a region of high solute concentration to a region of low solute concentration C. Sodium ions move through a semipermeable membrane D.chloride ions follow the movement of sodium ions ot a region of low concentration	**1**	CO3
Q 43	Free radicals, a type of prooxidant A. are a type of phytochemical B. increase the risk of cardiovascular disease C. are a type of non-phytochemical D. were part of the 1960's anti-war movement	**1**	CO3
Q 44	What is the best way to prepare vegetables to retain the most antioxidant activity? A. Microwave B. Frying C. Boiling	**1**	CO3

	D. Steam lightly		
Q 45	Which drink bestows the most heart-healthy antioxidant power? A. Tea B. Cold drinks C. Green tea D. Milk	**1**	CO3
Q 46	A free radical is_____ . A. A cell that promotes health throughout the body. B. A naturally or artificially occurring substance that causes disease if left unchecked. C. A vitamin that is distributed at no charge at health food stores and natural-medicine clinics. D. A nutrient that works to correct any imbalance in your body.	**1**	CO3
Q 47	Which of the following will not cause the most free radical accumulation in your body? A. Eating fruits and vegetables B. Spending four hours in a smoke-laden bar C. Drinking five beers D. Eating two combos at McDonald's	**1**	CO3
Q 48	Which of the following have antioxidant qualities? A. Vitamin D B. Vitamin C C. Calcium D. Iron	**1**	CO3
Q 49	Blueberries are considered functional foods because they contain_____ . A. phytochemicals B. fat C. protein D.carbohydrates	**1**	CO3
Q 50	The functional food concept was developed in Japan in at the early at 1980's as FOSHU which stand for _____ . A. Food for social Health B. Food for Specified Health	**1**	CO3

	C. Functional for social Health D. Fruit for safe health		
Q 51	Which of the following enhances gut functioning? A. Probiotics B. Antioxidants C. Oestrogen D. Omega 3 fatty acids	**1**	CO3
Q 52	Which one of the following is not part of the usual definition for a functional food? A. It is not a pill, a capsule or any form of dietary supplement B. It is consumed as part of a normal food pattern C. None of the above D. It has physiological benefits and/or reduces the risk of chronic disease beyond basic nutritional requirements	**1**	CO3
Q 53	Iron-deficiency anemia can cause pica, a rare condition in which a person craves eating nonfood items such as _____ . A. ice B. soil C. clay D. all of the above	**1**	CO3
Q 54	Why is dietary fibre considered to be an active non-nutrient? A. It is broken down in the body to provide energy. B. It has antiinflammatory properties but is not stored as fat. C. It is not absorbed but is beneficial to the digestive system. D. It acts to stop low density lipoproteins breaking apart.	**1**	CO3
Q 55	A diet high in cholesterol is most likely to lead to disease in which organ of the b ody? A. Heart B. Kidney C. Liver D. Pancreas	**1**	CO4
Q 56	Which age groups of children are more predisposed to kwashiorkor?	**1**	CO4

	A. Under one year B. After 18 months C. Under 10 years D. Under 5 years		
Q 57	What are the different risk factors involved for the development of protein energy malnutrition? A. Ignorance of parents about the importance of child nutrition B. Low socioeconomic conditions C. Infections like measles, Pertusis, diarrhea D. All of the above	**1**	CO4
Q 58	What sanitary measures should be taken to prevent PEM? A. Personal and environmental hygiene should be maintained B. Provision of safe and adequate food C. Sources of water should be protected D. All of the above	**1**	CO4
Q 59	The following clinical findings can be used to make a formal diagnosis of malnutrition except. A. Insufficient food intake B. Cold and Cough C. Fluid accumulation D. Loss of muscle mass	**1**	CO4
Q 60	Protein-energy malnutrition (PEM) refers to a state where the infant's dietary intake is insufficient in. A. Vitamin and Protein B. Protein and Fat C. Protein and Mineral D. Calorie and Protein	**1**	CO4
Q 61	The ideal first food for the newborn and young infant up to age six months is_____ .	**1**	CO4

	A. Iron- fortified formula B. Breast milk C. Rice cereals D. Soy milk		
Q 62	Benefits of breast milk include_____ . A. Digestive superiority B. Better utilization of nutrients C. Immunological benefits D. All of the above	**1**	CO3
Q 63	Which of the following body parts is strongly dependent on the trace mineral iodine? A. Thyroid gland B. Kidney C. Liver D Pancreas	**1**	CO3
Q 64	Which food is source of iodine? A. sweetened beverage B. Iodized salt C. Tea D Bakery products	**1**	CO4
Q 65	The best indicator for monitoring the impact of Iodine Deficiency Disorders control programme is_____ . A. Prevalence of goiter among school children B. Urinary iodine levels among pregnant women C. Neonatal Hypothyroidism D Idoine level is soil	**1**	CO4
Q 66	What are the two main hormones secreted by Thyroid gland? A. TSH B. T3 C. T4 D Both A and B	**1**	CO4

Q 67	Too much release of thyroid hormone in the body causes_____ . A. Hypothyroidism B. Goitre C. Hyperthyroidism D None of the above	**1**	CO4
Q 68	Name a disease causes due to the deficiency of iodine_____ . A. Goitre B. Thyroid cancer C. Solitary thyroid nodules D Thyroiditis	**1**	CO4
Q 69	The symptoms of hypothyroidism are _____ . A. Joint and muscle pain B. Dry skin and hair C. Depression D All of the above	**1**	CO4
Q 70	An autoimmune disease of the thyroid tissue is called _____ . A. Graves disease B. Thyroiditis C. Thyroid Cancer D None of the above	**1**	CO4
Q 71	Which gland mainly controls and regulates the actual thyroid activity? A. Hypothalamus B. Pituitary gland C. Both A and B D Only A	**1**	CO4
Q 72	Deficiency of vitamin A in children causes_____ . A. Goitre B. Poor cognitive development C. Poor bone growth D Increased risk of mortality	**1**	CO4
Q 73	Which of the following could lead to iodine deficiency? A. Intake only of locally grown food in central Africa	**1**	CO4

	B. Low intake of fruits and vegetables C. Insufficient caloric intake D Inadequate sunlight exposure		
Q 74	Which of the following nutrients deficiencies can lead to anaemia? A. Vitamin D and zinc B. Zinc and protein C. Copper and iron D Iodine and vitamin C	**1**	CO4
Q 75	Which vitamin is required for vision in dim light? A. Vitamin D B. Vitamin A C. Vitamin E D Vitamin K	**1**	CO4
Q 76	Which vitamin is required for synthesis of the blood clotting proteins? A. Vitamin D B. Vitamin E C. Vitamin K D Vitamin A	**1**	CO4
Q 77	Which of the following will be increased in vitamin K deficiency? A. The plasma concentration of prothrombin B. The time for broken bones to heal C. The time for blood to clot D The plasma concentration of calcitonin	**1**	CO4
Q 78	What happens when a person is suffering from anemia? A. The blood does not have enough red blood cells B. The body produces too much iron C. The blood becomes thick D Too many white blood cells are produced	**1**	CO4
Q 79	What is the most common cause of anemia? A. Too much sugar B. Exposure to X-ray radiation C. Too little sleep	**1**	CO4

	D Too little iron in the blood		
Q 80	Which of these groups is the most likely to have anemia? A. Women B. Man C. Elderly D Infants	**1**	CO4
Q 81	Which of these are signs of anemia? A. Pale gums B. Dark circles under the eyes C. Numbness in hands and feet D Bleeding	**1**	CO4
Q 82	Deficiency of iron may occur as a result of _____ .(Select all the appropriate answers) A. Adequate uttilisation B. Increased demand C. Increased iron stores D Inadequate utilisation	**1**	CO4
Q 83	What are the factors that increase free radical formation?(Select all the appropriate answers) A. Energy metabolism B. low level of vitamin C C. Diabetes D Low oxygen levels	**1**	CO3
Q 84	Antioxidant play an important role in inhibiting many oxidation reaction_____.(Select all the appropriate answers) A. by promoting chain propogating radicals B. by preventing initiation reactions C. by decreasing localised oxygen concentration D breakdown of transition metal ion catalyst	**1**	CO3
Q 85	First line of defence are _____ . (Select all the appropriate answers) A. blood B. acidic secretion C. antibodies	**1**	CO4

	D Mucous		
Q 86	Exogenous antioxidants are nutrients such as _____.(Select all the appropriate answers) A. Ascorbic acid B. Tocopherols C. Tannins D Phytate	**1**	CO4
Q 87	What are the enhancing factors which affect absorption of nonhaeme iron?(Select all the appropriate answers) A. Increased acidity B. Phytates and Oxalates C. Lactoferrin and Lactalbumin D Polyphenols	**1**	CO4
Q 88	What are the symptoms of cretenism?(Select all the appropriate answers) A. Edema B. deaf-mutism C. GIT disorder D Spastic paralysis of leg	**1**	CO4
Q 89	Goitre is defined as _____.(Select all the appropriate answers) A. Non-neoplastic B. Non toxic C. inflammatory D Non reversable	**1**	CO4
Q 90	What are the aetieology of Vitamin A deficiency disorder?(Select all the appropriate answers) A. Inadequate dietary intake B. Diarrhoea and nausea C. Inadequate intestinal absorption D excessive vomiting	**1**	CO4
Q 91	_____ manifest as dry patches of non-wettable conjunctiva.	**1**	CO4
Q 92	Softening and dissolution of the cornea occurs in _____.	**1**	CO4
Q 93	Myoglobin is only found in _____ where it serves as a reservoir of oxygen.	**1**	CO3

Q 94	Removal or addition of electrons is the most frequent mechanism known as _____ .	**1**	CO3
Q 95	_____ is a lipophilicquinone which function as an electron carrier in the mitrochondrial electron transport chain.	**1**	CO3
Q 96	Antioxidant activity _____significantly during deep fying of soaked black gram dal.	**1**	CO3
Q 97	During sprouting and malting, there is a significant _____in the phenolic content of wheat.	**1**	CO2
Q 98	Processing of baking bread produces anovel type of antioxidant called_____ .	**1**	CO2
Q 99	Heating the oil has shown to increase _____ content.	**1**	CO3
Q 100	_____ are raised, muddy and dry triangular patches .	**1**	**CO4**