Paper Code - 3317

B.Sc.Home Science Sem – I (New Course)

JULY-SEP – 2021

FN 101 CC -1 - **FUNDAMENTALS OF FOODS & NUTRITION**

કુલ સમય :– ૬૦ મીનીટ કુલ પ્રશ્નો : ૫૦ વિદ્યાર્થીએ ટીક કરવાના પ્રશ્નો : ૩૫

નોંધ : વિદ્યાર્થીએ માત્ર ૩૫ પ્રશ્નો જ ટીક કરવાના રહેશે. જો વધારે ટીક કરેલ હશે તો પ્રથમ ૩૫ પ્રશ્નો જ ગણતરીમાં લેવામાં આવશે.

1. Basic need of Humans.
a. Food b.Travelling c.Health d.None

2. Deficiency of nutrients.
a. Under nutrition b.Over nutrition c.Mal nutrition d.a and c both

3. Essential amino acid for infant.
a. Valin b.Prolin c.Histidin d.None

4. Physiological functions of food.
a. Digestion b.Absorption c.Excretion d.All

5. Calorie obtain from 1 g protein.
a. 4 Kcal b.9 Kcal c.6 Kcal d.None

6. Compound lipid.
a. Phospholipid b.Glycolipid c.Both d.None

7. Chemical components of food.
a. Nutrients b.Vitamins c.Minerals d.None

8. Condition which is caused by deficit or over amount of nutrients.
a. Malnutrition b.Under nutrition c.Over nutrition d.None.

9. Functions of food.
a. Physiological b.Psychological c.Social d.All

10. Calorie obtain from 1 g carbohydrates.
a. 4 Kcal b.9 kcal c.8 kcal d.10 Kcal

11. Disease caused by deficiency of protein.
a. Beri Beri b.Scurvy c.Kwashiorkor d.Goiter

12. Calorie provider.
a. Fat b.Butter c.Ghee d.All of them.

13. Number of carbon atoms in mono sachharides.
a. 2-4 b.3-6 c.4-6 d.None.

14. Grape Sugar
a. Glucose b.Fructose c.Lactose d.None

15. Cane Sugar.
a. Sucrose b.Glucose c.Fructose d.None

16. Milk Sugar.
a. Lactose b.Sucrose c.Glucose d.None

17. Compound Protein.
a. Haemoglobin b.Glycoprotein c.Both d.None

18. Water insoluble.
a. Fat b.Carbohydrates c.Protein d.None

19. Essential fatty acid.
a. Archidonic acid b.Palmitic acid c.Butyric acid d.None.

20. Milk without fat.
a. Condensed milk b.Skim milk c.Tonned milk d.None

21. Vitamin A in plants.
a. Retinol b.Kerotine c.Calciferol d.None

22. Natural vitamin D.
a. Sun light b.Calciferol c.Ergosterol d.None

23. Anti hemorrhagic vitamin.
a. K b.A c.D d.E

24. It works as an antiseptic.
a. Condiments and spices b.Fruits c.Vitamins d.None

25. Ideal cooking method.
a. Steaming b.Boiling c.Frying d.None .

26. It is present in Tomato.
a. Lycopene b.Flavonoids c.Riboflavin d.None.
27. Deficiency of Iodine.
a. Beriberi b.Goitre c.Anaemia d.Scurvy
28. Deficiency of Calcium.
a. Anaemia b.Goitre c.Scurvy d.Rickets
29. Essential for the maturation of red blood cells.
a. Thiamin b.Riboflavin c.Cynocobalmin d.Niacin
30. Deficiency of Niacin.
a. Scurvy b.Pellagra c.Rickets d.None
31. Ideal food for children.
a. Milk b. Fruit c. Cereals d. None
32. Reasons for the causes of malnutrition.
a. Poverty and family size. b. Food habits c. Social and Economic factors d. All
33. Diseases caused by mal nutrition.
a. Night blindness b. Scurvy c. Goitre d. All
34. Protective foods.
a. Fruits b.Vegetables c.Both d.None
35. Body building foods.
a. Animal b. Legumes and Split dals c. a both b d. None
36. High fat containing foods.
a. Ghee b. Legumes c. Cereals d. None
37. Saturated fatty acid.
a. Palmitic acid. b. Linolic acid c. Linolinic acid d. None
38. Protein requirement is related with.
a. Body weight b.Body height c.BMI d.None
39. High atomic weight containing sugar.
a. Poly saccharides b. Mono sachharides c. Di saccharides d. None
40. Amount of starch in cereals.
a. 65-85 % b.40-60 % c.35-55 % d.None
41. Amount of lactose in Human milk.
a. 5-7 % b.6-7 % c.4-5 % d.None
42. It aids in oxidation of lipids.
a. Protein b. Carbohydrates c. Minerals d. None
43. It improves food acceptability.
b. Protein b.Carbohydrates c.Lipid d.None
44. Milk protein.
a. Casein b.Ovo albumin c.Haemoglobin d.None
45.Amount of protein in cereals.
a. 7-14 % b.10-20 % c. 15-20 % d. None
46. Amount of protein in legumes.
a. 7-14 % b.17-43 % c.15-20 % d. None
47. Ideal for treatment in PCM.
a. Skim milk powder b. Banana c. Both d. None
48. Insoluble in water.
a. Fat b. Carbohydrates c. Vitamin d. None
49. Sun shine Vitamin.
a. Vitamin A b. Vitamin K c. Vitamin D d. None
50. Essential for reproduction of humans and animals.
a. Vitamin E b. Vitamin D c. Vitamin K d. None