Paper Code - 3779

B.P.Ed. Semester-I (English) (Old Course)
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E.C-101 Food and Obesity

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. Function of protein in the body
   [A] To produce energy [B] To Produce gas [C] To develop well power [D] To develop body
2. Obesity develops because of
   [A] More protein [B] More carbohydrates [C] More Vitamins [D] More Fats
3. Vitamins are
   [A] Organic [B] Inorganic [C] Biological [D] None of the above
4. Night blindness is caused by the deficiency is
   [A] C [B] D [C] E [D] A
5. Drgan of the human body acts as pump
   [A] lever [B] lungs [C] heart [D] Intestines
6. Diabetes is caused due to inefficiency of
   [A] liver [B] heart [C] panreas [D] kidneys
7. Vitamins produce energy in the body
   [A] True [B] False [C] Both [D] None of these
8. Deficiency of Vitamins 'D' causes
   [A] Beriberi [B] Rickets [C] Night blindness [D] All of these
9. The term 'Metabolism' is _____ concerned with.
   [A] Resperatory system [B] Circulatory System [C] Muscular System [D] Digestive system
10. What is the percentage if water in human body ?
    [A] 50% [B] 6% [C] 70% [D] 80%
11. The major function of insulin is to
    [A] Transport Foodstuff [B] Keep blood thin [C] Regulate blood sugar [D] Lonvert glucose into glycogen
12. For healing of wound essential component
    [A] Protein [B] Carbohydrate [C] Fat [D] Mineral
13. The primary principle for the management of obesity us.
    [A] Do dieting [B] Stop over eating [C] Engage in exercise [D] Reduce caloricintase
14. One's health is directly related to his / her
    [A] Aptitude [B] Attitudes [C] Routines [D] Life style
15. _____ the components of the Food.
    [A] 6 [B] 5 [C] 4 [D] 3
16. For the constitution of the body _____ component is required ?
    [A] Carbohydrate [B] Fat [C] Protein [D] Water
17. Which of the following is the components body to produce vital energy ?
    [A] Water [B] Vitamin [C] Mineral [D] Carbohydrate
18. The average person needs _____ energy during the day.
    [A] 3200 kg/calrs [B] 3100 kg/calrs [C] …3000 kg/calrs [D] 1800 kg/calrs
19. What are the main functions of food ?
    [A] Physical functions [B] Psychological functions [C] Social functions [D] All of the above
20. 1 gram protein is obtained from _____ kg/calories.
    [A] 4.1 kg/calories [B] 4.0 kg/calories [C] 9.1 kg/calories [D] 9.0 kg/calories
21. The protein is knows as _____
    [A] rjas [B] Mossad [C] A & B [D] None of them
22. Protein is formed from the combination of which of the following dements ?
    [A] Co, O_2 [B] O_2, N_2 [C] Co, $1N_2$ [D] Co, No & O_2
23. Protein is obtained from _____
    [A] Kathorce [B] Fish [C] A & B Both [D] None of them
24. What are the components of a balanced Diet ?
    [A] 5 [B] 6 [C] 4 [D] 7
25. Which of the following vitamins is water double ?
    [A] C, B complex [B] A [C] D [D] B
26. B_{12} is derived from _____
    [A] Mass [B] Mills [C] Osamaan of rice [D] all of the above

27. Which vitamin deficiency is found in women ?
[A] Folic Acid [B] Nacl [C] H_2SO_4 [D] HCL
28. 1 Keal = _____ cal
[A] 500 [B] 1000 [C] 700 [D] 9000
29. The main function of water in the body is _____
[A] Maintaining body temperature [B] Useful for digestion of food
[C] A & B Both [D] None of them
30. The player needs daily caloric energy.
[A] 4500 to 5000 Keal [B] 3200 to 3500 Keal [C] 2800 to 3000 Keal [D] 1000 to 3000 Keal
31. What are the types of fats ?
[A] 3 [B] 2 [C] 1 [D] 0
32. 1 gram fats is obtained from _____ kg/calories.
[A] 9.1 keal [B] 4.0 keal [C] 9.0 keal [D] 4.1 keal
33. 1 gram carbohydrate is obtained from _____ Kg/cal.
[A] 8.0 keal [B] 8.1 keal [C] 4.1 keal [D] 5.1 keal
34. The entrance to the digestive system of food is _____.
[A] Mouth [B] Stomach [C] Liver [D] Tongue
35. What to do eliminate obesity ?
[A] Regulating the amount of food [B] Exercising [C] A & B Both [D] None of them
36. Which of the following are areas of obesity ?
[A] Heart Attack [B] B.P. [C] Diabetes [D] All of the above
37. What do you get most carbohydrates from ?
[A] Rice [B] Green vegetables [C] Millet [D] None of them
38. In which part of the body is water absorbed ?
[A] large intestine [B] Small intestine [C] Live [D] Stomach
39. The laboratory of the human body
[A] Live [B] Stomach [C] gallbladder [D] Lungs
40. The _____ in the liver to digested ?
[A] Carbohydrate [B] Protein [C] Fat [D] All of the above
41. How long does food last in the stomach ?
[A] 3 to 4 *l* [B] 1 to 4 *l* [C] 1 to 4 h [D] 30 to 40 M
42. Moma mixes with food _____
[A] Salve [B] By [C] Water [D] None of them
43. _____ separates the esophayus and the drachea
[A] Dyria surface [B] 'V' shape curtain [C] A & B Both [D] None of them
44. Bile Becomes _____
[A] liver [B] stomach [C] A & B Both [D] None of them
45. The _____ in fat is vitamin soluble.
[A] A [B] D [C] G [D] All of the above
46. Absorpation of fatty substances are absorbed
[A] Through ablood vessel [B] Stomach [C] Liver [D] None of them
47. The digestive had reaches every cell in the body through which.
[A] Blood [B] Water [C] A & B Both [D] None of them
48. Body fat has _____ Function.
[A] Protection [B] Constitution [C] A & B Both [D] None of them
49. Which component repairs cells in the body ?
[A] Fat [B] Carbohydrate [C] Protein [D] Vitamin
50. B_{12} not found from _____
[A] Osama of rice [B] Mass [C] Rain water [D] None of them