

M.Sc (Hons.) Home Economics (Food & Nutrition)
(1000 MCQs)

- 1) DEXA stands for:
 - A. Dual Energy X-ray Absorptiometry
 - B. Dual Energy X-ray Absorptiometry
 - C. Dual Energy X-ray Analysis
 - D. Dual Energy X-ray Absorption AnalysisAnswer : B

- 2) Adolescents eat aboutof their meals away from home
 - A. One-fourth
 - B. One-third
 - C. One
 - D. None of theseAnswer : B

- 3) Which mineral enhances insulin activity?
 - A. Hb
 - B. Myoglobin
 - C. Heme iron
 - D. None of theseAnswer : C

- 4) Liver enlargement is
 - A. Hepatomegaly
 - B. Steato hepatitis
 - C. Fatty liver
 - D. Hepatitis AAnswer : A

- 5) To help prevent neural tube defects, grain products are now fortified with:
 - A. Iron
 - B. Folate
 - C. Protein
 - D. Vitamin CAnswer : B

- 6) Two most prevalent CVD's are
 - A. Heart failure and hypertension
 - B. Myocardial infarction and atherosclerosis
 - C. Coronary heart disease and hypertension
 - D. Atherosclerosis and hypertensionAnswer : D

- 7) Iron RDA for female 9–13 year....

- A. 5 mg/day
- B. 7 mg/day
- C. 8 mg/day
- D. 10 mg/day

Answer : C

- 8) ELISA stands for
- A. Enzyme-life induced assessment
 - B. Enzyme-linked immunosorbent assay
 - C. Energy-linked immunity assay
 - D. None

Answer :B

- 9) Which food contain the most fat.....

- A. Graham Crackers
- B. Brownies
- C. Pudding
- D. Angel food Cake

Answer :B

- 10) Increased susceptibility to infection is a clinical impact of:

- A. Neurological effects
- B. Endocrine system
- C. Immune system
- D. Gastrointestinal system

Answer :C

- 11) The average no. of years lived by people in a given society is known as:

- A. Life expectancy
- B. Life span
- C. Longevity
- D. Chronological age

Answer :A

- 12) An extra amount of fluid in feet, ankles and leg tissues is termed as _____

- A. Edema
- B. Swelling
- C. Plaque
- D. All of the above

Answer :A

- 13) Food neophobia isfactor

- A. Normal developmental
- B. Abnormal developmental
- C. Social developmental
- D. Psychological development

Answer :A

- 14) IDDM is called
- A. Type 1 diabetes
 - B. Type 2 diabetes
 - C. Insulin resistance
 - D. Gastrointestinal diabetes

Answer :A

- 15) Most leading cause of death around the globe is
- A. Autoimmune disorder
 - B. Lung diseases
 - C. CVD
 - D. Liver Diseases

Answer :C

- 16) Adolescence is the age between 10-19 years is very crucial for....
- A. Mental development
 - B. Physical development
 - C. Bone development
 - D. Skeletal system

Answer :C

- 17) Pickwickian syndrome is a complication of:
- A. Gastrointestinal
 - B. Cardiovascular
 - C. Respiratory
 - D. Endocrine

Answer :C

- 18)typically provide at least a fourth of the average teenager's daily food energy intake.

- A. Breakfast
- B. Snack
- C. Lunch
- D. Dinner

Answer :B

- 19) Medications, such as _____, may reduce signs and symptoms of a mild egg allergy

- A. Epinephrine
- B. Antihistamines
- C. Both
- D. None

Answer :B

- 20) Food passes through the stomach directly by:
- A. The heart
 - B. The large intestine
 - C. The pancreas
 - D. The small intestine
- Answer :D
- 21) For people who regularly smoke cigarettes need an additional amount of 35mg/day of
- A. vit C
 - B. Vit D
 - C. Vit A
 - D. Protein
- Answer :A
- 22) How to measure body frame without any instrument
- A. From shoulder
 - B. From abdomen
 - C. From wrist
 - D. From head
- Answer :C
- 23) The RDA of Vitamin A in pregnant females is:
- A. 750-1000 μ g/day
 - B. 750 μ g/day
 - C. 1000 μ g/day
 - D. 750-1200 μ g/day
- Answer :C
- 24) Lack of oxygen in blood is called
- A. Cyanosis
 - B. Hypoxemia
 - C. Iron deficiency disorder
 - D. Anemia
- Answer :B
- 25) ----- is abnormal permanent enlargement of air spaces
- A. Aspiration
 - B. Emphysema
 - C. COPD
 - D. Asthma
- Answer :B
- 26) Head/chest ratio is measured for:
- A. Elderly people
 - B. Adults

- C. Children
- D. Women

Answer :C

27) Breast milk has almost no amount of ...

- A. Potassium
- B. Iron
- C. Fluoride
- D. Magnesium

Answer :B

28) 1 mg niacin obtained from:

- A. 50 mg tryptophan
- B. 60 mg tryptophan
- C. 70 mg tryptophan
- D. 80 mg tryptophan

Answer :B

29) Vitamin C serves as

- A. Co-enzyme
- B. Antagonist
- C. Antioxidant
- D. Intrinsic

Answer :C

30) How many servings of vegetables do we need each day?

- A. 11-Jun
- B. 5-Mar
- C. 2-Jan
- D. 3-Feb

Answer :B

31) SIDC stands for

- A. Sequential incremental doe choice
- B. Sequential incremental doe challenge
- C. Sequence incremental doe challenge
- D. Sequence incremental doe choice

Answer :B

32) Plasma glucose level fall below _____ is termed as hypoglycemia

- A. 70mg/dl
- B. 100mg/dl
- C. 125mg/dl
- D. None of above

Answer :A

33) For hypertensive patients ----- diet is recommended

- A. Brat
- B. DASH
- C. Low protein
- D. High fat

Answer :B

34) The period in life in which a person becomes physically capable of reproduction.

- A. Adolescence
- B. Fertility
- C. Puberty
- D. Adulthood

Answer :C

35) Deficiency of which amino acid lead to deficiency of niacin

- A. Lysine
- B. Leucine
- C. Iso-leucine
- D. Histamine

Answer :A

36) wine, olive oil and garlic are mainly used in cooking of..... foods

- A. Italian
- B. Japanese
- C. Greek
- D. Chinese

Answer :A

37) _____ is sugar present in fruits

- A. Fructose
- B. Galactose
- C. Glucose
- D. Lactose

Answer :A

38) The developing infant from 2-8 weeks after conception is called

- A. Zygote
- B. Embryo
- C. Fetus
- D. Ovum

Answer :B

39) Body fat is measured in:

- A. Ratio

- B. Grams
- C. Percentage
- D. mEq

Answer :C

40) A newborn baby requires about ...

- A. 250 kcal/day
- B. 350 kcal/day
- C. 550 kcal/day
- D. 450 kcal/day

Answer :D

41) Abnormal accumulation of fluid in tissues are termed as _____

- A. Edema
- B. Swelling
- C. Plaque
- D. All the above

Answer: A

42) Pellagra was given its name rough skin in year:

- A. 1917
- B. 1902
- C. 1735
- D. 1771

Answer :D

43) "Miseen Place" is French for _____

- A. Everything in Plate
- B. Everything in its place
- C. Every food in place
- D. None

Answer :B

44) ATP uses----- phosphorous groups to do its work

- A. 4
- B. 2
- C. 5
- D. 3

Answer :D

45) OAS stands for

- A. Oral Allergy Syndrome
- B. Overall Syndrome
- C. Organization of American states
- D. Open Allergy Syndrome

Answer :A

- 46) Requirement of protein in infant is _____
- A. 2.0-2.5mg/g/day
 - B. 2.0-2.5g/kg/day
 - C. 2.0-2.5g/day
 - D. 2.0-2.5kg/day
- Answer :B
- 47) A common neural tube defect...
- A. Spina bifida
 - B. Anencephaly
 - C. Schizencephaly
 - D. Hydranencephaly
- Answer :A
- 48) Which of the following neurotransmitter facilitates sleep?
- A. 5-HTP
 - B. Serotonin
 - C. Melatonin
 - D. Glutamate
- Answer :C
- 49) Foods with high sugar content...
- A. Lactose & Sucrose
 - B. Sucrose & maltose
 - C. Lactose & maltose
 - D. galactose & fructose
- Answer :A
- 50) Examples of Allergic Conditions and Symptoms Nervous System
- A. Migraine
 - B. Spots in front of the eyes
 - C. Lack of concentration
 - D. All of above
- Answer :D
- 51) To prevent defects of Brain, spine or spinal cord grain products are now fortified with:
- A. Iron
 - B. Folate
 - C. Protein
 - D. Vit. C
- Answer :B
- 52) Adolescence is a crucial time for....
- A. mental development
 - B. physical development

- C. bone development
- D. skeletal system

Answer :C

53) According to WHO which country is the diabetes capital of the world:

- A. Pakistan
- B. USA
- C. China
- D. India

Answer :D

54) Kidneys help in regulating blood pressure by secreting _____

- A. Renin and aldosterone
- B. Sodium and renin
- C. Aldosterone and sodium
- D. Sodium and potassium

Answer :A

55) Structure of bones and teeth are laid by protein

- A. Albumin
- B. Collagen
- C. Hemoglobin
- D. Fibrin

Answer :B

56) Which of the following food group provides the body best source of energy:

- A. Milk and cheese
- B. Meat group
- C. Fats, oils and sweets
- D. Bread and cereals

Answer :D

57) Increased of thirst termed as _____ is common symptom of Diabetes Mellitus

- A. Polyphagia
- B. Polydipsia
- C. Polyuria
- D. All of above

Answer :B

58) The Temperature Danger Zone for foods is:

- A. 41°F to 142°F
- B. 41°F to 140°F
- C. 41°F to 141°F
- D. None

Answer :B

- 59)is a lactovegetarian
A. Child
B. Adolescent
C. Adult
D. New-born infant
Answer :D
- 60) How many servings of vegetables do we need each day?
A. 11-Jun
B. 5-Mar
C. 2-Jan
D. 3-Feb
Answer :B
- 61) An index used to measure stunting or chronic malnutrition
A. Weight for height or length
B. MUAC for age, sex and height
C. Weight for age
D. Height for age
Answer :D
- 62) Out of 20 percent ----- protein is present in muscle and skin respectively
A. $\frac{1}{3}$ and $\frac{1}{10}$
B. $\frac{1}{10}$ and $\frac{1}{3}$
C. $\frac{1}{5}$ and $\frac{1}{10}$
D. $\frac{1}{10}$ and $\frac{1}{3}$
Answer :A
- 63) Clinical symptom of pellagra
A. Dementia, diarrhea
B. Edema
C. Muscle wasting
D. All of the above
Answer :A
- 64) Which vitamin improves Ca^{+} absorption?
A. Vit A
B. Vit D
C. Vit C
D. Phytates
Answer :A
- 65) Iron RDA during Pregnancy:
A. 25 mg/day
B. 27 mg/day
C. 29 mg/day

D. 17 mg/day

Answer : B

66) Adolescents who drink soft drinks regularly have a higher energy intake and a lower calcium intake

A. Iron

B. Calcium

C. Zinc

D. Vitamin C

Answer :B

67) Which is precursor of niacin

A. Tryptophan

B. Leucine

C. Isoleucine

D. Tyrosine

Answer :A

68) Accumulation of fluids observed on face in:

A. Mild Kwashiorkor

B. Moderate Kwashiorkor

C. Severe Kwashiorkor

D. Marasmic Kwashiorkor

Answer :C

69) _____ crosses the placenta and developing fetus has limited ability to metabolize it

A. Vit – mineral megadose

B. Sugar substitutes

C. Caffeine

D. Nicotine (smoking)

Answer :C

70) A classical sign of Zn deficiency is

A. Anemia

B. Goiter

C. Mottled teeth

D. Growth retardation

Answer :D

71) Excretion of albumin in urine is manifestation of

A. CRF

B. Cirrhosis

C. CLD

D. Nephrotic Syndrome

Answer :D

72) Following are electrolytes present in body fluids

- A. Na,K,Cd, Mn& Cl
- B. Na,K,Ca, Ph&pb
- C. Ca,Mg,P, Cl & K
- D. Ca,Mg,Cl, K & Na

Answer :D

73) Severe reaction of rapid onset, involving most organ systems..

- A. Anaphylaxis
- B. Anaphylactic
- C. Food Allergy
- D. Food Intolerance

Answer :A

74)foods to be omitted from the diet

- A. Natural
- B. Harmful
- C. Nutritious
- D. Organic foods

Answer :B

75) Iron from the supplement is ----- well absorbed than from foods

- A. Less
- B. More
- C. Equal
- D. Far more

Answer :A

76) A statement of client's diet prescription that the physician writes in the medical record is called

- A. Diet order
- B. Nutrition care plan
- C. Diet plan
- D. None

Answer :A

77) The risk for obesity increases for watching TV daily for 2 hours:

- A. 14%
- B. 50%
- C. 91%
- D. 23%

Answer :D

78) _____ plan is used internally in a food system

- A. Financial
- B. Operating

- C. both
- D. none

Answer :B

- 79) The increased risk of esophageal cancer is associated with -----
- A. Barret's esophagus
 - B. Reflux esophagitis
 - C. GERD
 - D. Chronic gastritis

Answer :A

- 80) Thickening of eye lenses that impair vision and can lead to blindness
- A. Bitot's spots
 - B. Xerophthalmia
 - C. Corneal xerosis
 - D. Cataracts

Answer :D

- 81) I hardly _____ meet him
- A. ever
 - B. never
 - C. had ever
 - D. had never

Answer :A

- 82) Accumulation of ketone bodies in blood is known as
- A. Ketonuria
 - B. Ketosis
 - C. Ketoacidosis
 - D. Acetone formation

Answer :C

- 83) Adolescent growth spurt begins for females..
- A. 10-11 year
 - B. 9-11 year
 - C. 11-13 year
 - D. 10-12 year

Answer :A

- 84) When an allergic reaction appears within body in response to any type of food or chemical ----- cells are responsible to battle in such type of reactions
- A. Monocytes
 - B. Thrombocytes
 - C. Eosinophills
 - D. Basophills

Answer :C

85) Meat, eggs, tofu are sources of protein

- A. Italian
- B. Japanese
- C. Greek
- D. Chinese

Answer :D

86) Which of the following hormone is appetite suppressant?

- A. Leptin
- B. Ghrelin
- C. Adiponectin
- D. Orexin

Answer :A

87) Energy and nutrient needs are greater during adolescence than at any other time of life, except...

- A. Pregnancy
- B. infancy
- C. lactation
- D. Both a & b

Answer :D

88) Micronutrients are referred to _____

- A. Hidden hunger
- B. Irreversible damage
- C. Building block of brain
- D. All

Answer :D

89) Hyperkalemia is known as

- A. Elevated level of potassium
- B. Lower level of potassium
- C. Elevated level of calcium
- D. Lower level of calcium

Answer :A

90) A severe allergic reaction can lead to _____

- A. Nausea
- B. Anaphylaxis
- C. Bloating
- D. Death

Answer :B

91) During adolescence, energy and nutrient needs..

- A. reach a peak.

- B. fall dramatically.
- C. rise, but do not peak until adulthood.
- D. fluctuate so much that generalizations can't be made.

Answer :A

92) Additional supply of _____ is required for lactating mother

- A. 800kcal/day
- B. 1200kcal/day
- C. 500kcal/day
- D. 200kcal/day

Answer :C

93) In acute renal failure patients experience oliguria in which less than ----- ml/day of urine is produced

- A. 600
- B. 500
- C. 400
- D. 300

Answer :C

94) ...Diet is high in sodium, low in milk

- A. Vietnamese
- B. Indonesian
- C. Cambodian
- D. Japanese

Answer :D

95) _____ is protein that forms connective tissues, bones and teeth

- A. Collagen
- B. Omega-3 FA
- C. Niacin
- D. Pantothenic acid

Answer :A

96) The prevalence of overweight children is:

- A. 16.90%
- B. 21.40%
- C. 31.70%
- D. 41.70%

Answer :C

97) The neural tube is developed in gestational period from.....

- A. 17 to 40 days gestation
- B. 17 to 50 days gestation
- C. 17 to 30 days gestation
- D. 17 to 25 days gestation

Answer :C

- 98) BMR stands for-----
A. Body metabolism rate
B. Basal metabolic rate
C. Body mass index
D. Basal energy expenditure

Answer : B

- 99) Energy requirement during 2nd trimester of pregnancy
A. +300 kcal/day
B. +450 kcal/day
C. +430 kcal/day
D. +340 kcal/day

Answer : D

- 100) Fat-soluble Vitamins
A. Easily excreted
B. Seldom cause toxicity
C. Require bile for absorption
D. Not stored in body

Answer :C

- 101) The critical gestation period for neural tube development, is from.....
A. 17 to 40 days
B. 17 to 50 days
C. 17 to 30 days
D. 17 to 25 days

Answer : C

- 102) The painful sensation caused by the lack of food that initiates food seeking behavior is called

- A. Satiety
B. Anencephaly
C. Hunger
C. Hydranencephaly

Answer :C

- 103) Energy requirement during 2nd trimester of pregnancy
A. +300 kcal/day
B. +450 kcal/day
C. +430 kcal/day
D. +340 kcal/day

Answer :D

- 104) Iron RDA during Pregnancy:

- A. 25 mg/day
- B. 27 mg/day
- C. 29 mg/day
- D. 17 mg/day

Answer :B

105) Energy requirement during 1st 6 month Lactation..

- A. +230 kcal/day
- B. +430 kcal/day
- C. +330 kcal/day
- D. +400 kcal/day

Answer :C

106) To help prevent neural tube defects, grain products are now fortified with:

- A. Iron
- B. Folate
- C. Protein
- D. Vitamin C

Answer :B

107) An abnormal immune response to food :

- A. food allergy
- B. sepsis
- C. food fusion
- D. None of these

Answer :A

108) A breastfeeding woman should drink plenty of water to...

- A. Produce more milk
- B. Suppress lactation
- C. Prevent dehydration
- D. Dilute nutrient concentration

Answer :C

109) A healthy infant's birth weight triples by...

- A. 5 month of age
- B. 8 month of age
- C. 12 month of age
- D. two year of age

Answer :C

110) A newborn baby cry about ...upto 6 weeks after birth

- A. 2-3Hours/day
- B. 3-6 Hours/day
- C. don't cry
- D. 30min /day

Answer :A

- 111) Breast milk is high in...
- A. Protein
 - B. Sugar
 - C. vitamins, growth factors
 - D. All of the above

Answer :D

- 112) Adolescent growth spurt begins for females..
- A. 10-11 year
 - B. 9-11 year
 - C. 11-13 year
 - D. 10-12 year

Answer :A

- 113) Energy and nutrient needs are greater during adolescence than at any other time of life, except...
- A. Pregnancy
 - B. Infancy
 - C. Lactation
 - D. Both a & b

Answer :D

- 114) The period in life in which a person becomes physically capable of reproduction.
- A. Adolescence
 - B. Fertility
 - C. Puberty
 - D. Adulthood

Answer :C

- 115) During adolescence, energy and nutrient needs..
- A. Reach a peak
 - B. Fall dramatically
 - C. Rise, but do not peak until adulthood
 - D. Fluctuate so much that generalizations can't be made.

Answer :A

- 116) Adolescence is a crucial time for....
- A. Mental development
 - B. Physical development
 - C. Bone development
 - D. Skeletal system

Answer :C

- 117) Iron RDA for women above age 50years...
- A. 8 mg/day

- B. 8.7mg/day
- C. 10 mg/day
- D. 12 mg/day

Answer :B

118) Iron RDA for children 1-3 years....

- A. 5mg/day
- B. 7mg/day
- C. 8mg/day
- D. 10mg/day

Answer :B

119) Among adolescent girls.....is more prevalent in deficiency

- A. Iron
- B. Calcium
- C. Zinc
- D. Vitamin D

Answer :A

120) Ninety percent of females and 70 percent of males ageshave calcium intakes below recommendations.

- A. 10-12 years
- B. 12-14 years
- C. 12-16 years
- D. 12-19 years

Answer :D

121) The milk, cheese and yogurt group are important for-----

- A. Strong bones
- B. Teeth
- C. Muscles
- D. All of the above

Answer: D

122) Adolescents who drink soft drinks regularly have a higher energy intake and a lower calcium intake

- A. Iron
- B. Calcium
- C. Zinc
- D. Vitamin C

Answer :B

123) Citrous fruits are an excellent source of

- A. Calcium
- B. vitamin C

- C. Vitamin B
- D. Caloriess

Answer :B

124)important in the regulation of appetite, sleep, and body temperature

- A. Epinephrine
- B. Nor epinephrine
- C. Serotonin
- D. Tryptophan

Answer :C

125) For chain smokers of cigarettes an additional Vit. C amount is needed upto....

- A. 30 mg/day
- B. 25 mg/day
- C. 35 mg/day
- D. 28 mg/day

Answer :C

126) Birth weight is doubled at _____of age

- A. 4-5 months
- B. 7-8 months
- C. 5-6 months
- D. 10-12 months

Answer :C

127) Following electrolytes are present in human body fluids

- A. Na,K,Cd,Mn&Cl
- B. Na,K,Ca,Ph&pb
- C. Ca,Mg,P,Cl& K
- D. Ca,Mg,Cl,K& Na

Answer :D

128) _____ makes DNA and genetic material in cells

- A. Vitamin-D
- B. Vitamin-C
- C. Vitamin-B12
- D. Vitamin-A

Answer :C

129) _____ diet is given for management of diarrhea

- A. DASH
- B. BRAT
- C. KETO
- D. ATKINS

Answer :B

130) _____ are the nutrients considered as energy obtaining source from food

- A. Vitamin
- B. CHO
- C. Protein
- D. Both B & C

Answer :D

131) is a very common symptom of Diabetes Mellitus regarding thirst

- A. Polyphagia
- B. Polydipsia
- C. Polyuria
- D. All of above

Answer :B

132) Plasma glucose level fall below _____ is termed as hypoglycaemia

- A. 70mg/dl
- B. 100mg/dl
- C. 125mg/dl
- D. None of above

Answer :A

133) Following is anti-nutrient present in leafy vegetables

- A. Vitamin-C
- B. Oxalate
- C. Zinc
- D. Potassium

Answer :B

134) _____ is condition result in discomfort or pain in chest region

- A. Angina pectoris
- B. Diabetes Insipidus
- C. CRF
- D. None of above

Answer :A

135) High intake of _____ is advised to prevent constipation

- A. Fiber
- B. Meat
- C. Fish
- D. All of above

Answer :A

136) _____ is termed used to prescribed amount of energy and nutrient for maintaining good health

- A. DRI
- B. Kcal
- C. Kjol
- D. None

Answer :A

137) _____ the sweet taste of fruit or fruit juices is because of

- A. Fructose
- B. Galactose
- C. Glucose
- D. Lactose

Answer :A

138) _____ enzyme inhibits synthesis of pepsinogen

- A. Lipase
- B. Pepsin
- C. Amylase
- D. None

Answer :B

139) Sickle shaped RBCs become unable to carry oxygen on their own because of the disease known as _____

- A. Sickle cell anemia
- B. Thalassemia
- C. Plasmosis
- D. None

Answer :A

140) _____ is a protein required for the formation of hard connective tissues, bones and teeth

- A. Collagen
- B. Omega-3 FA
- C. Niacin
- D. Pantothenic acid

Answer :A

141) Swelling around the body tissues especially around ankle, feet, legs and face is called _____

- A. Edema
- B. Swelling
- C. Plaque
- D. All of the above

Answer :A

142) Compound that release hydrogen ion in a solution is termed as _____

- A. Acid
- B. Base
- C. Buffer
- D. All of the above

Answer :A

143) The amino acid available in the shortest supply from incomplete proteins is.....

- A. Galactose
- B. Lipase
- C. Lysine
- D. Amylase

Answer :C

144) _____ is infection of digestive tract that cause diarrhoea

- A. Dysentery
- B. CRF
- C. Acidosis
- D. None

Answer :A

145) Additional supply of _____ is required for pregnant mother

- A. 800kcal/day
- B. 1200kcal/day
- C. 500kcal/day
- D. 300 kcal/day

Answer :D

146) Requirement of protein in infant is _____

- A. 2.0-2.5mg/g/day
- B. 2.0-2.5g/kg/day
- C. 2.0-2.5g/day
- D. 2.0-2.5kg/day

Answer :B

147) _____ is integral part for formation of membrane of cells

- A. Protein
- B. Glycogen
- C. Fat
- D. Fiber

Answer :C

148) Milk production is promoted by _____ after activation of milk making tissues

- A. Prolactin
- B. Hypothalamus
- C. Oxytocin
- D. Posterior Pituitary

Answer :A

149)not produced in the body and are obtained from food

- A. Vitamins
- B. Minerals
- C. Micronutrients
- D. Hormones

Answer :C

150) _____ is recommended as treatment options for diarrhea

- A. Zinc supplementation
- B. Probiotic treatment
- C. Immunoglobulin
- D. All of above

Answer :D

151) Anemia is defined as a lack of _____ in the diet.

- A. Sodium B. Calcium
C. Iron D. None of the above

Answer : C

152) Lack of dietary fiber

- A. Osteoporosis B. Rickets
C. Anemia D. Constipation

Answer :D

153) Which type of diabetes can have islet cell antibodies?

- A. Type 1 diabetes B. Type 2 diabetes
C. Secondary diabetes D. Gestational diabetes

Answer :A

154) The passage Food uses to reach to the stomach is.....by

- A. The heart B. The large intestine
C. The pancreas D. The small intestine

Answer :D

155) Unit of energy that indicates the amount of energy contained in food:

- A. Label B. Food guide pyramid
C. Calorie D. Basket

Answer :C

156) For best tissue repair which food group helps us :

- A. Milk and cheese B. Meat group
C. Fats, oils and sweets D. Bread and cereals

Answer :B

157) BPI is the

- A. Body pores B. Body protein index
C. Blood pressure Index D. None

Answer :B

158) A series of quantitative measurements include:

- A. Weight, height, food frequency B. Weight, height
C. 24 hour dietary recall D. Height and food diary

Answer :B

159) All of the following are needed for strong bones :

- A
A. Vitamin D B. Calcium
C. Magnesium D. All of the above

Answer :D

160) How many servings of vegetables do we need each day?

- A. 3-5 B. 7
C. 2 D. 4-6

Answer :A

161) The head circumference and chest circumference ratio is measured for:

- A. Elderly people B. Adults

- C. 4 months D. 6-36 months

Answer :D

173) Edema observed on face in:

- A. Mild Kwashiorkor B. Moderate Kwashiorkor
C. Severe Kwashiorkor D. Marasmic Kwashiorkor

Answer :C

174) The unit of BMI is:

- A. kgcm^{-2} B. kgcm^2
C. kgm^{-2} D. kgm^{-3}

Answer :C

175) Nutritional assessment can be done using:

- A. ACBD method
B. Caloric method
C. Formative assessment
D. None of the above

Answer :A

176) A substance needed by the body for growth, energy, repair and maintenance is called a:

- A. Fatty acid
B. Carbohydrate
C. Calorie
D. Nutrient

Answer :D

177) All of the following are nutrients found in food except:

- A. Plasma
B. Proteins
C. Carbohydrates
D. Vitamins

Answer :A

178) Without any instrument Body Frame can be measured from?

- A. From shoulder
B. From abdomen
C. From wrist
D. From head

Answer :C

179) Food passes through the stomach directly by:

- A. The heart
B. The large intestine
C. The pancreas
D. The small intestine

Answer :D

180) Which of the following food group provides fiber?

- A. Milk and cheese
- B. Meat group
- C. Fats, oils and sweets
- D. Bread and cereals

Answer :D

181) Is a central metabolic organ which helps in whole body energy Homeostasis?

- A. Adipose tissue
- B. connective tissue
- C. muscle tissue
- D. Nerve tissue

Answer :A

182) Anthropometric measurements include:

- A. Weight, height, food frequency
- B. Weight, height
- C. 24-hour dietary recall
- D. Height and food diary

Answer :B

183) How many servings of vegetables do we need each day?

- A. 11-Jun
- B. 5-Mar
- C. 2-Jan
- D. 3-Feb

Answer :B

184) For strong bone tissues which nutrient is not needed

- A. Thiamine
- B. Calcium
- C. Magnesium
- D. Vitamin D

Answer :A

185) If hairs are thin, rough and easily pluggable which deficiency show?

- A. Zinc
- B. Zinc and thiamine
- C. B complexes
- D. Zinc and protein

Answer :D

186) Which one of the following is important for healthy vision?

- A. Calcium

- B. Vitamin A
- C. Iron
- D. Vitamin K

Answer :B

187) Which nutrients are most likely to be affected by food processing and storage?

- A. Carbohydrates
- B. Proteins
- C. Vitamins
- D. Fats

Answer :C

188) The digestive juice that is almost neutral is:

- A. Gastric juice
- B. Bile juice
- C. Pancreatic juice
- D. None of the above

Answer :C

189) The most common form of fat circulating in the body is:

- A. Saturated
- B. Unsaturated
- C. Cholesterol
- D. Triglycerides

Answer :C

190) To check body growth Head and chest measurements are used in....

- A. Elderly people
- B. Adults
- C. Women
- D. Children

Answer :D

191) Obesity results if:

- A. Energy intake is lesser than energy expenditure
- B. The number of enzymes become more than the food
- C. Energy expenditure is less than the energy intake
- D. Energy expenditure is more than the energy intake

Answer :C

192) Glucose is important molecule in the cell because this molecule is primarily used for:

- A. Synthesis of protein
- B. Extraction of energy
- C. Building of genetic material

D. Formation of cell membranes

Answer :B

193) Bleeding disease is due to the deficiency of:

A. Vitamin A

B. Vitamin D

C. Vitamin E

D. Vitamin K

Answer :D

194) Rickets is characterized by:

A. Knocked knees

B. Bowed legs

C. Swollen joints

D. Both a and b

Answer :D

195) Decreased amount of hemoglobin and reduced number of RBCs is a characteristic of:

A. Pernicious anemia

B. Megaloblastic anemia

C. Microcytic anemia

D. All of these

Answer :C

196) Lack of fat-soluble vitamins causes

A. Internal bleeding of gums

B. Multiple fractures

C. Loosening of teeth

D. Painful swollen joints

Answer :B

197) Which is not a symptom of Marasmus?

A. Muscle wasting

B. Edema

C. Subcutaneous fat loss

D. Monkey face

Answer :B

198) Which is the precursor of niacin?

A. Tryptophan

B. Leucine

C. Isoleucine

D. Tyrosine

Answer :A

199) Which one of the following is most early sign of osteoporosis?

- A. Backpain
- B. loss of height
- C. Medication
- D. stooped posture

Answer :A

200) When the levels of insulin are high which organ stop producing glucose?

- A. Pancreas
- B. Liver
- C. stomach
- D. none of these

Answer. A

201) Iron RDA during Pregnancy:

- A. 25 mg/day
- B. 27 mg/day
- C. 29 mg/day
- D. 17 mg/day

Answer:B

202) According to WHO people died from overweight or obesity globally are:

- A. 2.3 million
- A. 23 million
- C. 2.8 million
- C. 28 million

Answer:C

203) Iron absorption is impaired by

- A. Heme
- B. Phytates
- C. Vit. C
- D. MFP factors

Answer:B

204) The process of mRNA being made from template of DNA is known as

- A. Translation
- B. Modification
- C. Transcription
- D. Transformation

Answer:C

205) Energy requirement during Lactation..

- A. +230 kcal/day
- B. +430 kcal/day
- C. +330 kcal/day

D. +400 kcal/day

Answer:C

206) A serious food allergy causes:

A. elicits an immune response.

B. causes an immediate reaction.

C. creates an aversion to the offending food.

D. involves symptoms such as headaches or hives.

Answer:A

207) The excretion of abnormal quantity of fat with the faeces

A. Dyspepsia

B. Dysphagia

C. Polyphagia

D. Steatorrhea

Answer:D

208) Bacterial overgrowth develops the deficiency of vitamin -----by impairing its absorption

A. B6

B. B12

C. B2

D. B3

Answer:B

209) A healthy infant's birth weight doubles by...

A. 5 month of age

B. 8 month of age

C. 12 month of age

D. two year of age

Answer:A

210) A newborn baby doesn't needupto 6 months of age

A. milk

B. water

C. formula milk

D. powder milk

Answer:B

211) Breast milk is low in...

A. Potassium

B. Sodium

C. Fluoride

D. Magnesium

Answer:B

- 212) Allergic Conditions and Symptoms Skin and Mucous Membranes...
- A. Eczema
 - B. hives
 - C. Hayfeve
 - D. Both a & b
- Answer:D
- 213) Currently licensed drug for long term treatment of obesity is:
- A. Sibutramine
 - B. Metformin
 - C. Octreotide
 - D. Orlistat
- Answer:D
- 214) In acute pancreatitis if triglycerides concentration is higher than.....
Hypertriglyceridemia occurs
- A. 500mg/dl
 - B. 1000mg/dl
 - C. 1500mg/dl
 - D. 2000mg/dl
- Answer:B
- 215) ----- affects all exocrine secretions including partially digested proteins and fats
- A. Pancreatitis
 - B. Zollinger-ellison syndrome
 - C. Cystic fibrosis
 - D. Hepatitis
- Answer:C
- 216) Adolescence is a crucial time for....
- A. Mental development
 - B. Physical development
 - C. Bone development
 - D. Skeletal system
- Answer:C
- 217) Iron RDA for males 14–18 year...
- A. 8 mg/day
 - B. 11 mg/day
 - C. 10 mg/day
 - D. 12 mg/day
- Answer:B
- 218) Iron RDA for children 4-8 year....
- A. 5mg/day
 - B. 7mg/day

- C. 8mg/day
 - D. 10mg/day
- Answer:D

219)deficiency is most prevalent in females because of Menstruation

- A. Iron
- B. Calcium
- C. Zinc
- D. Vitamin D

Answer:A

220) One glass milk contains calories

- A. 100
- B. 122
- C. 140
- D. 80

Answer:B

221)is secreted to give us a feeling of pleasure, also give the ability to think and plan

- A. Epinephrine
- B. Nor Epinephrine
- C. Dopamine
- D. Tryptophan

Answer:C

222) Carbonated beverages also linked with

- A. Kidney stones
- B. Hypertension
- C. kidney disease
- D. All of the above

Answer:D

223) Ascites is accumulation of water in

- A. Body
- B. Brain
- C. Abdomen
- D. Feet

Answer:C

224) Advanced liver disease characterized by abnormal neurological function is known as

- A. Hepatic coma
- B. Cirrhosis
- C. Hepatic encephalopathy
- D. Collaterals

Answer:C

225) Calcium in 1 glass of milk is.....

- A. 30 mg
- B. 125 mg
- C. 35 mg
- D. 28 mg

Answer:B

226) Birth weight at 5-6 months of age

- A. remain same
- B. triples
- C. doubles
- D. four times

Answer:C

227) Goiter is disease caused by deficiency of

- A. Zinc
- B. Iron
- C. Vitamin A
- D. Iodine

Answer:D

228) For the DNA and genetic material formation is necessary in the cells

- A. Vitamin-D
- B. Vitamin-C
- C. Vitamin-B12
- D. Vitamin-A

Answer:C

229) ----- diabetes is more common

- A. Type 1
- B. IDDM
- C. Type 2
- D. Gestational diabetes

Answer:C

230) _____ are energy yielding nutrient obtained from food

- A. Vitamin
- B. CHO
- C. Protein
- D. Both B & C

Answer:D

231) In condition of ----- coughing starts due to aspiration

- A. Oropharyngeal dysphagia
- B. Esophageal dysphagia
- C. Dyspepsia

D. Polyphagia

Answer:A

232) A fall of plasma glucose from standard value to _____ is termed as hypoglycaemia

A. 70mg/dl

B. 100mg/dl

C. 125mg/dl

D. None of above

Answer:A

233) Following is anti-nutrient compound present in green leafy vegetables

A. Vitamin-C

B. Oxalate

C. Zinc

D. Potassium

Answer:B

234) _____ of pain in chest region is a condition due to coronary heart disease

A. Angina pectoris

B. Diabetes Insipidus

C. CRF

D. None of above

Answer:A

235) is considered best for frequent bowl movement

A. Fiber

B. Meat

C. Fish

D. All of above

Answer:A

236) _____ is the derived unit of energy in the international system of units

A. DRI

B. Kcal

C. Kjol

D. None

Answer:A

237) Efficiency of anticoagulant mediations can be reduced by

A. Calcium

B. Vitamin K

C. Aluminuim hydroxide

D. Vitamin D

Answer:B

238) Pepsinogen is synthesized in gastric mucosa, its synthesis is prohibited by.....

- A. Lipase
- B. Pepsin
- C. Amylase
- D. None

Answer:B

239) Sickle or crescent-shaped of RBCs is termed as disease known as _____ A

- A. Sicklecell anemia
- B. Thalassemia
- C. Plasmosis
- D. None

Answer:A

240) Fluorosis is caused by the toxicity of B

- A. Phosphorous
- B. Flouride
- C. Sodium
- D. Calcium

Answer:B

241) The visual cycle of Vitamin A is presented by:

- A. George Wald
- B. John Wald
- C. Thomas Wald
- D. James Wald

Answer:A

242) A substance that in water solution tastes sour while releasing Hydrogen ions is termed as

- A. Acid
- B. Base
- C. Buffer
- D. All of the above

Answer:A

243) _____ is termed as limiting amino acid in body

- A. Galactose
- B. Lipase
- C. Lysine
- D. Amylase

Answer:C

244) _____ is infection of the intestine leading to lose stools having mucus

- A. Dysentery
- B. CRF

- C. Acidosis
- D. None

Answer:A

245) Globally, the children under the age of 5 who are moderately or severely wasted:

- A. 21 million
- B. 31 million
- C. 41 million
- D. 51 million

Answer:D

246) A sedentary adult should consume protein _____

- A. 0.7-0.9mg/g/day
- B. 0.8g/kg/day
- C. 2.0-2.5g/day
- D. 0.9-2.5kg/day

Answer:B

247) How many servings of vegetables do we need each day?

- A. 6-11
- B. 2-3
- C. 3-5
- D. 1-2

Answer: C

248) Milk production is promoted after breast stimulation.....level rise in the blood

- A. Prolactin
- B. Hypothalamus
- C. Oxytocin
- D. Posterior Pituitary

Answer:A

249) Micronutrients are vitamins and minerals referred as _____

- A. Hidden hunger
- B. Irreversible damage
- C. Building block of brain
- D. All

Answer:D

250) _____ is not recommended as treatment options for diarrhea

- A. Zinc supplementation
- B. Probiotic treatment
- C. Immunoglobulin
- D. High fatty foods

Answer:D

251) Anemia is defined as a lack of healthy RBCs to carry adequate oxygen, it is caused by the deficiency of.....

- A. Sodium
- B. Calcium
- C. Iron
- D. None of the above

Answer:C

252) Reduced number and size of RBC's and decreased amount of hemoglobin is a characteristic of

- A. Pernicious anemia
- B. Megaloblastic anemia
- C. Microcytic anemia
- D. Hemolytic anemia

Answer:C

253) Insulin producing Beta cells are damaged in

- A. Type 1 diabete
- B. Type 2 diabetes
- C. Secondary diabetes
- D. Gestational diabetes

Answer: A

254) The hypothalamus regulates thyroid hormone and its release from the.....

- A. Pituitary gland
- B. Adrenal gland
- C. kidneys
- D. None of these

Answer: A

255) The amount of heat or energy which our body generates from food after breaking it down is called.....

- A. Label
- B. Food guide pyramid
- C. Calorie
- D. Basket

Answer: C

256) A limited space is given to food group in food guide pyramid

- A. Milk and cheese
- B. Meat group
- C. Fats, oils and sweets
- D. Bread and cereals

Answer: C

257) Beta cells of pancreas secretes hormone ----- in order to lower control glucose level

- A. Insulin
- B. Glucagon
- C. TSH
- D. Parathyriod

Answer: A

258) Anthropometric measurements also called quantitative measurements that include....

- A. Weight, height, food frequency
- B. Weight, height
- C. 24 hour dietary recall
- D. Height and food diary

Answer: B

259) which mineral is needed in highest amount for strong bones

- A. Thiamine
- B. Calcium
- C. Magnesium
- D. Vitamin D

Answer: B

260) Early signs of cataract development included.....

- A. cloudy
- B. filmy
- C. see a halo around lights
- D. all of these

Answer: D

261) When the left side of the heart is weakened it causes ----- edema

- A. Hepatic
- B. Renal
- C. Arterial
- D. Pulmonary

Answer: D

262) If hairs are sparse, easily pluggable, which deficiency show:

- A. Zinc
- B. Zinc and thiamine
- C. B complexes
- D. Zinc and protein

Answer: D

263) when a person does not get enough Niacin a disease occurs called.....

- A. Pallegra
- B. Edema

- C. Muscle wasting
- D. All of the above

Answer: A

264) Enhanced loss of potassium may be observed by use of -----

- A. Diuretic
- B. Antacids
- C. Oral contraceptive
- D. Antibiotics

Answer: A

265) Gastrin stimulate parietal cells to secrete

- A. mucus
- B. Iron
- C. plasma
- D. Hcl

Answer: D

266) Which of these strategies may not be in favor of an overweight woman?

- A. Limit weight gain during pregnancy.
- B. Postpone weight loss until after pregnancy.
- C. Follow a weight-loss diet during pregnancy.
- D. Try to achieve a healthy weight before becoming pregnant.

Answer:C

267) is a trace amine derived from the amino acid tyrosine is a naturally occurring monoamine comound

- A. Histamine
- B. Tyramine
- C. Tryptophan
- D. Serotonin

Answer:B

268) ----- form of carbohydrates help calcium for its absorption

- A. Starch
- B. Lactose
- C. Galactose
- D. Glucose

Answer:B

269) When an allergic reaction appears within body in response to any type of food or chemical ----- cells are responsible to battle in such type of reactions

- A. Monocytes
- B. Thrombocytes
- C. Eosinophills
- D. Basophills

Answer:C

270) Vegetables with high histamine levels....

- A. Egg plant
- B. tomato
- C. beans
- D. All of these

Answer: D

271) To transport lipids in the body fluids with phosphorus in their structure are needed

- A. Protein
- B. Vitamin C
- C. Lipid
- D. CHO

Answer:C

272) Food insecurity is:

- A. Underlying cause of malnutrition
- B. Immediate cause of malnutrition
- C. Environmental cause of malnutrition
- D. Basic cause of malnutrition

Answer:A

273) Leucine promotes the production of.....

- A. NAD
- B. NADH
- C. Growth hormone
- D. NADP

Answer:C

274) Niacin was discovered by:

- A. Goldberger
- B. Don Gaspar Casal
- C. Goldsmith
- D. Goldberg

Answer:A

275) Most common type of dementia is:

- A. Alzheimer's disease
- B. Vascular dementia
- C. Parkinson's disease
- D. Frontotemporal dementia

Answer:A

276) NDD stands for:

- A. Nutritional Dysphagia Diet
- B. National Dysphagia Diet
- C. Nutrient enhanced Dysphagia Diet
- D. Normal Dysphagia Diet

Answer: B

277) In a tissue injury a rapid chain of events cause the production of protein

- A. Keratin
- B. Fibrin
- C. Collagen
- D. Albumin

Answer: B

278) ----- are intracellular signaling molecules/messenger molecules

- A. Fibrin
- B. Antibodies
- C. Hormones
- D. Antigens

Answer: C

279) Rice and Kombu are basic ingredients of

- A. Italian
- B. Greek
- C. Japanese
- D. Laotian

Answer: C

280) Vitamin B 12 RDA for adults:

- A. 2.6 µg/day
- B. 2.2 µg/day
- C. 2.4 µg/day
- D. 2 µg/day

Answer: C

281) By secreting enzyme----- kidneys help to regulate blood pressure

- A. Renin
- B. ADH
- C. Amylase
- D. Lipase

Answer: A

282) To treat osteoporosis focus on these factors.....

- A. Regular exercise
- B. Maintain body weight
- C. cut down caffeine use
- D. All of these

Answer: D

283) Clinical symptom of Anemia are.....

- A. Irregular Heartbeats
- B. pale/yellow skin
- C. back pain jerks
- D. A and B

Answer: D

284)is strictly prohibited during the first year of life

- A. Breast milk
- B. infant formula
- C. cow milk
- D. soy formula milk

Answer: C

285) within stomach large polypeptides are converted into smaller one with the help of

- A. Amylase
- B. Lipase
- C. Pepsin
- D. Pepsinogen

Answer: C

286)is the amount of energy expenditure above Basal metabolic rate due to cost of processing food or storage

- A. Thermic effect of food
- B. Adaptive thermogenesis
- C. Specific dynamic effect of food
- D. Basal metabolism

Answer: C

287) When a sperm cell moves from a fertile man to uterus to join female egg is called....

- A. uterus
- B. ovum
- C. zygote
- D. Conception

Answer: D

288) A normal time period of pregnancy is ...

- A. 40 weeks
- B. 35 to 40 weeks
- C. 30 weeks
- D. 38 to 42 weeks

Answer: B

289) All of the following are needed for strong bones except

- A. Thiamine
- B. Calcium
- C. Magnesium
- D. Vitamin D

Answer:A

290) Qualitative measurements include

- A. Information collection
- B. Interview, case study
- C. 24 hour dietary recall
- D. All of the above

Answer: D

291) The best dietary advice for a person with osteoarthritis might be to:

- A. Avoid milk products.
- B. Take fish oil supplements.
- C. Take vitamin E supplements.
- D. Lose weight, if overweight.

Answer: D

292) Which characteristic is not commonly associated with atrophic gastritis?

- A. Inflamed stomach
- B. Vitamin B12 toxicity
- C. Bacterial overgrowth
- D. Lack of intrinsic factor

Answer:B

293) The human life span is about:

- A. 85 years
- B. 100 years
- C. 115 years
- D. 130 years

Answer:D

294) A small piece of paper, fabric or plastic which shows all information where it is pasted is called.....

- A. Label
- B. Food guide pyramid
- C. Calorie
- D. Basket

Answer:C

295) Food habits grow from many influences...

- A. personal
- B. cultural
- C. religious

D. All of these

Answer: D

296) Difficulty in digesting certain foods is.....

A. Food intolerance

B. Food allergy

C. Anaphylaxis

D. Environmental toxins

Answer: A

297) Cheese, meats, poultry, fish, sausages, cold cuts, and vegetables are commonly used

A. Vietnamese

B. French American

C. African-Americans

D. Italian

Answer:D

298) Following is anti-nutrient present in leafy vegetables

A. Vitamin-C

B. Oxalate

C. Zinc

D. Potassium

Answer:B

299) Folate RDA during pregnancy

A. 400 µg/day

B. 500 µg/day

C. 600 µg/day

D. 700 µg/day

Answer: C

300) Vitamin ----- is obtained by sunlight

A. Vitamin C

B. Vitamin K

C. Vitamin D

D. Vitamin E

Answer: C

301) . The critical period for neural tube development, is from.....

A. 17 to 40 days gestation

B. 17 to 50 days gestation

C. 17 to 30 days gestation

D. 17 to 25 days gestation

Answer. C

302). A common neural tube defect...

- A. Spina bifida
- B. Anencephaly
- C. Schizencephaly
- D. Hydranencephaly

Answer. A

303). Energy requirement during 2nd trimester of pregnancy

- A. +300 kcal/day
- B. +450 kcal/day
- C. +430 kcal/day
- D. + 340 kcal/day

Answer. D

304). Iron RDA during infancy:

- A. 25 mg/day
- B. 11 mg/day
- C. 29 mg/day
- D. 17 mg/day

Answer. B

305). Energy requirement during 1st 6-month Lactation...

- A. +230 kcal/day
- B. +430 kcal/day
- C. +330 kcal/day
- D. +400 kcal/day

Answer. C

306). To help prevent neural tube defects, grain products are now fortified with:

- A. Iron.
- B. Folate.
- C. Protein.
- D. Vitamin C.

Answer. B

307). Following reactions/ symptoms are seen in a true food allergy reaction:

- A. Elicits an immune response.
- B. Causes an immediate reaction.
- C. Creates an aversion to the offending food.
- D. Involves symptoms such as headaches or hives.

Answer. A

308). A breastfeeding woman should drink plenty of water to...

- A. Produce more milk.
- B. suppress lactation
- C. Prevent dehydration.
- D. Dilute nutrient concentration

Answer. C

- 309). A healthy infant's birthweight triples by...
- A. 5 month of age
 - B. 8 month of age
 - C. 12 month of age
 - D. Two year of age
- Answer. C
- 310). A newborn baby requires about ...
- A. 250 kcal/day
 - B. 350 kcal/day
 - C. 550 kcal/day
 - D. 450 kcal/day
- Answer. D
- 311). Breast milk secretes yellow thick fluid ...
- A. serum
 - B. Antibodies
 - C. Fluoride
 - D. Colostrum
- Answer. D
- 312). Adolescent growth spurt begins for females.
- A. 10-11 year
 - B. 9-11 year
 - C. 11-13 year
 - D. 10-12 year
- Answer. A
- 313). Energy and nutrient needs are greater during adolescence than at any other time of life, except...
- A. Pregnancy
 - B. Infancy
 - C. lactation
 - D. Both A & B
- Answer. D
- 314). The period in life in which a person becomes physically capable of reproduction.
- A. Adolescence
 - B. Fertility
 - C. Puberty
 - D. Adulthood
- Answer. C
- 315). During adolescence, energy and nutrient needs..
- A. Reach a peak.
 - B. Fall dramatically.

- C. Rise, but do not peak until adulthood.
 - D. Fluctuate so much that generalizations can't be made.
- Answer. A

- 316). The age group from onset of puberty is a crucial time for....
- A. Mental development
 - B. Physical development
 - C. Bone development
 - D. Skeletal system
- Answer. C

- 317). Iron RDA for adult male....
- A. 8 mg/day
 - B. 11 mg/day
 - C. 10 mg/day
 - D. 12 mg/day
- Answer. B

- 318). Iron RDA for infants 7-12 months....
- A. 5mg/day
 - B. 7mg/day
 - C. 8mg/day
 - D. 11mg/day
- Answer. D

- 319).deficiency is most prevalent among adolescent girls
- A. Iron
 - B. calcium
 - C. zinc
 - D. vitamin D
- Answer. A

- 320). 90 percent of females and 70 percent of males ageshave calcium intakes below recommendations.
- A. 10-12 years
 - B. 12-14 years
 - C. 12-16 years
 - D. 12-19 years
- Answer. D

- 321).typically provide at least a fourth of the average teenager's daily food energy intake.
- A. Breakfast
 - B. Snacks
 - C. Lunch
 - D. Dinner

Answer. B

322). Adolescents who drink soft drinks regularly have a higher energy intake but lower levels of

- A. Iron
- B. Calcium
- C. Zinc
- D. Vitamin c

Answer. B

323). Adolescents eat about ...of their meals away from home

- A. One-fourth
- B. One- third
- C. One
- D. None of these

Answer. B

324). ...important in the regulation of appetite, sleep, and body temperature.

- A. Epinephrine
- B. Nor epinephrine
- C. Serotonin
- D. Tryptophan

Answer. C

325). The vitamin C requirement for people who regularly smoke cigarettes is an additional....

- A. 30 mg/day
- B. 25 mg/day
- C. 35 mg/day
- D. 28 mg/day

Answer. C

326).enhances the immune response and protects against some cancer activity.

- A. Carotene
- B. Beta-carotene
- C. folate
- D. vitamin C

Answer. B

327). Oxidants in cigarette smoke accelerate vitamin ... metabolism and deplete smokers' body stores of this antioxidant

- A. A
- B. C
- C. D
- D. E

Answer. B

328). Signs ofoverload include acidosis, dehydration, diarrhea, elevated blood ammonia, elevated blood urea, and fever.

- A. Water
- B. Protein
- C. Carbohydrate
- D. Vitamin A

Answer. B

329). Breast milk contains Carbohydrate....

- A. 29 %
- B. 49%
- C. 59%
- D. 39%

Answer. D

330). Iron RDA for female 14–18 year

- A. 10 mg/day
- B. 15 mg/day
- C. 12 mg/day
- D. 16 mg/day

Answer. B

331). Breast milk contains Protein...

- A. 6%
- B. 5%
- C. 3%
- D. 9%

Answer. A

332). Which nutrients seem to protect against cataract development?

- A.. Minerals
- B.. Lecithins
- C.. Antioxidants
- D. amino acids

Answer. C

333). Breast milk contains Fats....

- A. 26%
- B. 55%
- C. 21%
- D. 53%

Answer. B

334). The carbohydrate in breast milk (and infant formula) is the disaccharide.....

- A. Lactose

- B. Galactose
- C. Sucrose
- D. Lactalbumin

Answer. A

335). ...are found abundantly in the retina of the eye and the brain

- A. Linoleic acid and linolenic acid
- B. Arachidonic acid
- C. Docosahexaenoic acid
- D. Arachidonic acid and DHA

Answer. D

336). Protective factors in breast milk:

- A. Antibodies
- B. Bifidus factors
- C. Lactoferrin
- D. All of these

Answer. D

337). ...is a poor choice during the first year of life

- A. Breast milk
- B. Infant formula
- C. Cow milk
- D. Soy formula milk

Answer. C

338).is a lactovegetarian

- A. Child
- B. Adolescent
- C. Adult
- D. New-born infant

Answer. D

339). To prevent iron deficiency, children's foods must deliverof iron per day.

- A. 5-7mg
- B. 7-10mg
- C. 10 -12mg
- D. 12 – 14 mg

Answer. B

340). 9-to-13-year active male child needs...

- A. 2600 kcal/day
- B. 2000 kcal/day
- C. 2200 kcal/day
- D. 2900 kcal/day

Answer. A

- 341). Vitamin A deficiency afflicts Children worldwide
A. 3 to 5 million
B. 3 to 7 million
C. 3to 10 million
D. 3 to 11 million
Answer. C
- 342). In the early days of pregnancy, a spongy structure known as ... develops
A. Embryo
B. Placenta
C. Amniotic sac
D. Umbilical cord
Answer. B
- 343). A whole new life begins at....
A. Uterus
B. Ovum
C. Zygote
D. Conception
Answer. D
- 344). Most successful pregnancies last ...
A.30 to 40 weeks
B. 35 to 40 weeks
C. 36 to 38 weeks
D. 38 to 42 weeks
Answer. D
- 345). Folate RDA during pregnancy
A. 400 µg/day
B. 500 µg/day
C. 600µg /day
D. 700 µg/day
Answer. C
- 346). Vitamin B 12 RDA during pregnancy:
A. 2.6 µg/day
B. 2.2 µg/day
C. 2.4 µg/day
D. 2 µg/day
Answer. A
- 347).is required for DNA and RNA synthesis and thus for protein synthesis and cell development.
A. Iron
B. Folate

C. Zinc
D. Calcium
Answer. C

348).plays a vital role in calcium absorption and utilization
A. Vitamin D
B. Vitamin E
C. Vitamin C
D. Vitamin K
Answer. A

349). The human life span is about:
A. 85 years.
B. 100 years.
C. 115 years.
D. 130 years.
Answer. D

350). Which characteristic is *not* commonly associated with atrophic gastritis?
A. Inflamed stomach
B. Vitamin b12 toxicity
C. Bacterial overgrowth
D. Lack of intrinsic factor
Answer. B

351). On average, adult energy needs:
A. Decline 5 percent per year.
B. Decline 5 percent per decade.
C. Remain stable throughout life.
D. Rise gradually throughout life.
Answer. B

352). The best dietary advice for a person with osteoarthritis might be to:
A. Avoid milk products.
B. Take fish oil supplements.
C. Take vitamin E supplements.
D. Lose weight, if overweight.
Answer. D

353).foods to be omitted from the diet
A. Natural
B. Harmful
C. nutritious
D. organic foods
Answer. B

- 354). Vulnerable Groups.....
A. Elderly persons
B. Young persons
C. Obese persons
D. all
Answer. D
- 355). Allergic Conditions and Symptoms Skin and Mucous Membranes...
A. Eczema
B. Hives
C. Hay fever
D. A & B
Answer. D
- 356). Severe reaction of rapid onset, involving most organ systems.
A. Anaphylaxis
B. Anaphylactic
C. Food Allergy
D. Food Intolerance
Answer. A
- 357). Food habits grow from many influences...
A. Personal
B. Cultural
C. Religious
D. All of these
Answer. D
- 358). ...may take on symbolic meaning
A. Diet
B. Foods
C. Cultural habits
D. Eating habits
Answer. A
- 359).are learned through everyday living and family relationships.
A. Cultural habits
B. Food habits
C. Individual lifestyle
D. Social habits
Answer. B
- 360). ...families suffer extreme needs
A. High income
B. Middle income
C. Lower middle income

D. Low income

Answer. D

361). AFRID is described as Food neophobia which is....

A. Fear of eating foods

B. Fear of foods

C. Fear of unfamiliar foods

D. Fear of tasting food

Answer. C

362)has many personal meanings

A. Diet

B. Nutrition

C. Culture

D. Food

Answer. D

363)may become “picky eaters” in order to control parents

A. Infants

B. Adolescents

C. Toddlers

D. Children

Answer. C

364). Food neophobiasfactor

A. Normal developmental

B. Abnormal developmental

C. Social developmental

D. Psychological development

Answer. A

365). Many psychological factors rooted in...

A. Infants

B. Childhood

C. Adulthood

D. Older age

Answer. B

366)30-day period of daylight fasting

A. Ester

B. Charismas

C. Ramadan

D. Moharram

Answer. C

367). Examples of Allergic Conditions and Symptoms Digestive Tract

- A. Diarrhea, Nausea and Vomiting
 - B. Eczema, Itching
 - C. Hay fever, Runny nose
 - D. Frequent urination, Paleness
- Answer. A

368). Meat and milk products are not mixed...

- A. Muslims
 - B. Hindu
 - C. Jewish
 - D. Mexican
- Answer. C

369). Basic foods include dried beans, chili peppers, corn..

- A. Mexican
 - B. Puerto Rican
 - C. Spanish
 - D. French
- Answer. A

370). ...Food pattern is similar to Mexican

- A. Jewish
 - B. Puerto Rican
 - C. French American
 - D. India
- Answer. B

371). Viandas is....

- A. Starchy fruits
 - B. Starchy vegetables
 - C. Starchy fruits & vegetables
 - D. Rice
- Answer. C

372). Food patterns developed through creative ability to turn basic staples into memorable food

- A. Puerto Rican
 - B. French American
 - C. African-Americans
 - D. Mexico
- Answer. C

373). Traditional breads include hot breads (biscuits, spoonbread, cornbread...

- A. Jewish
- B. Puerto Rican
- C. French American

D. African Americans

Answer. D

374). Wide variety of vegetables and leafy greens (turnip, collard, mustard) are used

A. Muslims

B. African Americans

C. Puerto Rican

D. Jewish

Answer. B

375). Pork is a common meat

A. Chinese

B. French American

C. African-Americans

D. Cambodian

Answer. C

376). ...Foods are strongly flavored, spicy

A. Vietnamese

B. French American

C. African-Americans

D. Italian

Answer. B

377). Which of the following strategies is not effective?

A. Play first, eat later.

B. Provide small portions.

C. Encourage children to help prepare meals.

D. Use dessert as a reward for eating vegetables.

Answer. D

378). Seafood is abundant...

A. Chinese

B. French American

C. African Americans

D. Japanese

Answer. B

379). ...Use a wok for quick stir-frying with little fat

A. Chinese

B. Greek

C. African-Americans

D. Japanese

Answer. A

380). ...Vegetables and rice are staple

- A. Greek
 - B. Chinese
 - C. Japanese
 - D. Jewish
- Answer. B

- 381). OAS is the abbreviation of
- A) Oral allergy syndrome
 - B) Overall syndrome
 - C) Organization of American states
 - D) Open allergy syndrome
- Answer. C

- 382). Meat, eggs, tofu are sources of protein
- A. Italian
 - B. Japanese
 - C. Greek
 - D. Chinese
- Answer. D

- 383). Soups are common cuisine...
- A. Laotian
 - B. Chinese
 - C. Vietnamese
 - D. A& C
- Answer. D

- 384). Bread and pasta are basic ingredients.
- A. Italian
 - B. Greek
 - C. Japanese
 - D. Laotian
- Answer. A

- 385). Cheese, sausages, poultry meat , cold cuts, and vegetables are commonly used
- A. Vietnamese
 - B. French American
 - C. African-Americans
 - D. Italian
- Answer. D

- 386). Biochemical and Physiological Responses
- A. Food intolerance
 - B. Food allergy
 - C. Anaphylaxis
 - D. Environmental toxins
- Answer. A

- 387). Olive oil, garlic, herbs, and wine used in cooking
A. Italian
B. Japanese
C. Greek
D. Chinese
Answer. A
- 388). Bread is the center of every meal
A. Greek
B. Chinese
C. Japanese
D. Jewish
Answer. A
- 389). Cheese, yogurt, vegetables, rice, lamb, and fish are commonly used.
A. Italian
B. Greek
C. Indonesian
D. India
Answer. B
- 390). Many varieties of fish and shellfish are used
A. Italian
B. Japanese
C. Greek
D. Chinese
Answer. B
- 391). Vegetables are usually steamed
A. Japanese
B. Indonesian
C. Italian
D. African-Americans
Answer. A
- 392). Whole or minimally processed foods are recommended by..... including soy, seaweeds, rice and fish
A. Vietnamese
B. Indonesian
C. Cambodian
D. Japanese
Answer. D
- 393). Red meat is eaten only once or twice a month
A. Vietnamese
B. Indonesian

C. Cambodian

D. All

Answer. D

394). Response of the Immune System...

A. Food intolerance

B. Food allergy

C. Anaphylaxis

D. Environmental toxins

Answer. B

395). SIDC presents

A. Sequential incremental dose choice

B. Sequential incremental dose challenge

C. Sequence incremental dose challenge

D. Sequence incremental dose choice

Answer. B

396).is the milk sugar

A. Lactose

B. Sucrose

C. Lactose

D. galactose& fructose

Answer. A

397). Fruits and vegetables with high histamine...

A. Citrus fruits

B. Pickles

C. Tomatoes

D. all of these

Answer. D

398). ...is a naturally occurring monoamine compound and trace amine derived from the amino acid tyrosine

A. Histamine

B. Tyramine

C. Tryptophan

D. Serotonin

Answer. B

399). In ADHD is the most common symptom

A. Migraine

B. Spots in front of the eyes

C. Lack of concentration

D. All

Answer. D

- 400). Which of these strategies is *not* a healthy option for an overweight woman?
- A. Limit weight gain during pregnancy.
 - B. Postpone weight loss until after pregnancy.
 - C. Follow a weight-loss diet during pregnancy.
 - D. Try to achieve a healthy weight before becoming pregnant.

Answer. C

- 401). The word disaster derived from French word:

- A. Desastre
- B. Desastrous
- C. Disaster
- D. Deasaters

ANSWER: A

- 402). In disaster E stands for:

- A. Erosion of communicable diseases
- B. Exposure of communicable diseases
- C. Eruption of communicable diseases
- D. Emergency of communicable diseases

ANSWER: C

- 403). The level of disaster ,if the disaster requires assistance of the external sources:

- A. Level-IV
- B. Level-III
- C. Level-II
- D. Level-I

ANSWER: C

- 404). In which phase the nurse is responsible for psychological support to victims in the shelter

- A. Initial phase
- B. Post impact phase
- C. Pre-impact phase
- D. Impact phase

ANSWER: D

- 405). Victims of the atomic bomb of Nagasaki is an example of which phase

- A. Post impact phase
- B. Pre-impact phase
- C. Initial phase
- D. Impact phase

ANSWER: A

- 406). The mental or physical ability to deal with any hazards is:

- A. Risk
- B. Capacities
- C. Hazard

D. Vulnerability

ANSWER: B

407). Disaster relationship can be calculated by....

A. $H-V \cdot R=C$

B. $H \cdot C-V=R$

C. $H-V \cdot C=R$

D. $H \cdot V-C=R$

ANSWER: D

408). The action of restoring someone to normal health or life is:

A. Relief

B. Recovery

C. Rehabilitation

D. Response

ANSWER: C

409). Measures taken before any disaster or problem are called.....

A. Development

B. Prevention

C. Preparedness

D. Planning

ANSWER: B

410). Civilians died from famine and fighting are:

A. 4 million

B. 3 million

C. 2 million

D. 1 million

ANSWER: D

411). CRED is the abbreviation of.... is a research unit at the university of louvain

A. Clinical Research on the Epidemiology of Disaster

B. Community Research on the Emergency of Disaster

C. Centre for Research on the Epidemiology of Disaster

D. Centre for Research on the Emergency of Disaster

ANSWER: C

412). According to FSAU classification famine is declared when acute malnutrition reached over:

A. 30%

B. 25%

C. 20%

D. 15%

ANSWER: A

- 413). The great leap forward famine occurred in....
A. North Korea
B. China
C. Ethiopia
D. Africa
ANSWER: B
- 414). The disaster of Flood (2010) in Pakistan affected about:
A. 32 million people
B. 3.5 million people
C. 2.5 million people
D. 22 million people
ANSWER: D
- 415). The biggest famine of china occurred in the year :
A. 1959-61
B. 2007-8
C. 2001
D. 2008
ANSWER: A
- 416). The Office of (OCHA) was created in:
A. 2002
B. 1980
C. 2005
D. 2007
ANSWER: C
- 417). HIV and AIDs is having a devastating effect on:
A. Ecology
B. Population
C. Community
D. Food Security
ANSWER: D
- 418). A famine in Ukraine killed:
A. 4-11 million people
B. 5-11 million people
C. 6-11 million people
D. 7-11 million people
ANSWER: B
- 419). Group discussion in focused groups for data collection method is called.....
A. Nutrition surveys
B. Rapid assessment
C. Nutritional surveillance

D. Monitoring
ANSWER: B

- 420). The most elicited reaction of any stimulus is called.....:
- A. Food response
 - B. Non-food response
 - C. Therapeutic care
 - D. Dominant response
- ANSWER: D

- 421). Children died every minute from malnutrition are:
- A. 5
 - B. 10
 - C. 15
 - D. 20
- ANSWER: B

- 422). In Asian countries, the average rate of wasting is:
- A. 8%
 - B. 10%
 - C. 14%
 - D. 18%
- ANSWER: C

- 423). In low birth weight babies, the weight is less than:
- A. 1.5 kg
 - B. 4.5 kg
 - C. 3.5 kg
 - D. 2.5 kg
- ANSWER: D

- 424). Number of underweight children is:
- A. 178 million
 - B. 146 million
 - C. 78 million
 - D. 46 million
- ANSWER: B

- 425). The safe levels of intake published in:
- A. 1980
 - B. 1990
 - C. 2000
 - D. 2010
- ANSWER: C

- 426). Which is a strong predictor of micronutrient deficiency disease (MDD)?

- A. Infections
 - B. High diversity diet
 - C. No food aid
 - D. Low diversity diet
- ANSWER: D

427). In which disease the level of plasma Vitamin A decreases

- A. Diarrhea
- B. Measles
- C. Malaria
- D. Acute respiratory infection

ANSWER: B

428). Prevalence of malnutrition is accompanied by:

- A. ANOVA
- B. Standard deviation
- C. Mean
- D. Confidence interval

ANSWER: D

429). These emergencies are of little political interest to the West:

- A. Complex emergency
- B. Sudden emergency
- C. Loud emergency
- D. Silent emergency

ANSWER: D

430). Which deficiency has recently been described in adult prisoners?

- A. Pellagra
- B. Beri-Beri
- C. Ariboflavinosis
- D. Scurvy

ANSWER: D

431). Small increment in volume induces a relatively large increment of pressure is:

- A. Vascular radius
- B. Semi-rigid vascular system
- C. High degree of elasticity
- D. Low degree of elasticity

ANSWER: B

432). Diastolic dysfunction caused by left ventricular hypertrophy

- A. Coronary artery disease
- B. Atrial fibrillation
- C. Left ventricular failure
- D. Preglomerular arterioles

ANSWER: B

433). Assess borderline or 'white coat' hypertension:

- A. Chest X-ray
- B. Echocardiogram
- C. Ambulatory BP recording
- D. Renal ultrasound

ANSWER: C

434). Calcitonin hormone is produced in:

- A. Parafollicular cells
- B. Follicular cells
- C. Pituitary gland
- D. Hypothalamus

ANSWER: A

435). The systolic range of pre-hypertension is:

- A. 140
- B. Above 140
- C. 130-140
- D. 120-139

ANSWER: D

436). According to low sodium DASH diet the consumption of sodium per day is:

- A. 1200 mg
- B. 2300 mg
- C. 1500 mg
- D. 2000 mg

ANSWER: C

437). The serving of grains in DASH diet is:

- A. 2-3
- B. 3-5
- C. 6 to 8
- D. 4-5

ANSWER: C

438). Which of the following is an artificial sweetener?

- A. Graham crackers
- B. Sorbets
- C. Sucrose
- D. Aspartame

ANSWER: D

439). Which deficiency is also known as cerebral beri beri?

- A. Infantile beri beri

- B. Wernicke korsakoff syndrome
 - C. Wet beri beri
 - D. Dry beri beri
- ANSWER: B

- 440). Rapid back and forth involuntary movements of eyes are:
- A. Nystagmus
 - B. Ophthalmoplegia
 - C. Papilloedema
 - D. Psychosis
- ANSWER: A

- 441). The co-enzyme form of folic acid is:
- A. FH4
 - B. FAD
 - C. FMN
 - D. FADH
- ANSWER: A

- 442). Decreased Trp-pyrrolase activity resulting in decreased synthesis of neurotransmitter:
- A. Acetyl-CoA
 - B. Kynurenine
 - C. Acetyl choline
 - D. Acetyl
- ANSWER: C

- 443). Methyl malonic aciduria is deficiency manifestation of:
- A. Thiamine
 - B. Folic acid
 - C. Pyridoxine
 - D. Cyanocobalamin
- ANSWER: D

- 444). Lipoic acids are sulphur containing vitamins
- A. True
 - B. False
- ANSWER: A

- 445). Who elucidated the structure of thiamine?
- A. Christian Eijkman
 - B. Adolf Windaus
 - C. Adolf Eijkman
 - D. Christian Windaus
- ANSWER: B

- 446). The active form of thiamine is:

- A. TNP
 - B. TMP
 - C. TDP
 - D. TPP
- ANSWER: D

447). An abnormal early-morning increase in blood sugar is:

- A. DKA phenomenon
- B. HHONK phenomenon
- C. Somogyi Effect
- D. Dawn phenomenon

ANSWER: D

448). Which layer of cereal is rich source of thiamine?

- A. Bran
- B. Germ
- C. Aleurone
- D. Starchy endosperm

ANSWER: C

449). The units of insulin daily secreted by pancreas are:

- A. 10-40 units
- B. 40-60 units
- C. 30-50 units
- D. 40-50 units

ANSWER: D

450). The value of OGTT for pre-diabetes is:

- A. 140-165 mg per dl
- B. 140-180 mg per dl
- C. 140-199 mg per dl
- D. 140-240 mg per dl

ANSWER: C

451). HbA1c is a test that measures the amount of:

- A. Glucose
- B. Impaired fasting glucose
- C. Impaired glucose tolerance
- D. Glycated hemoglobin

ANSWER: D

452). Autoantibodies or islet cell antibodies are observed in.....

- A. Type 1 diabetes
- B. Type 2 diabetes
- C. Secondary diabetes
- D. Gestational diabetes

ANSWER: A

- 453). The purpose of WHO-SUN movement mission was to end...
- A. Micronutrient deficiency
 - B. iron deficiency
 - C. Malnutrition
 - D. Over Nutrition

ANSWER: C

- 454). Which is one of the main mandates of WHO?
- A. Scaling up Nutrition
 - B. Food hygiene
 - C. Capacity building
 - D. Technical support

ANSWER: C

- 455). Punjab has the highest proportion of WRA with zinc deficiency:
- A. True
 - B. False

ANSWER: A

- 456). The consumption of iodized salt is low in:
- A. ICT
 - B. KP-NMD
 - C. Punjab
 - D. AJK

ANSWER: B

- 457). The first ever global forum on SGDs and Nutrition has nested in:
- A. 2003
 - B. 2004
 - C. 2005
 - D. 2006

ANSWER: D

- 458). Who is the Nutrition Regional Advisor of National Parliamentary meeting?
- A. Dr. Ayoub Al Yatim
 - B. Dr. Ayoub Al Jafza
 - C. Dr. Ayoub Al Jawaldehy
 - D. Dr. Ayoub Al Ayoub

ANSWER: C

- 459). The joint WHO-SUN movement mission was held in:
- A. April 2016
 - B. April 2017
 - C. April 2007

D. April 2006
ANSWER: B

- 460) Quality of complementary feeding is measured by:
A. Exclusive breastfeeding
B. Addition of food with breast milk
C. Maximum acceptability of diet
D. Minimum meal frequency
ANSWER: D

- 461) The practice of continued breastfeeding is highest at:
A. 6 months
B. 2 years of age
C. 1 year of age
D. 1.5 year of age
ANSWER: C

- 462) Minimum dietary diversity in Pakistan is:
A. 18.2%
B. 14.2%
C. 12.2%
D. 3.6%
ANSWER: B

- 463) Wasting is more prevalent in which region?
A. GB
B. ICT
C. Sindh
D. KP-NMD
ANSWER: C

- 464). The rate of Pakistani children who are anemic is:
A. 53.7%
B. 48.9%
C. 56.5%
D. 43.2%
ANSWER: A

- 465). The serving of fruits and vegetables in DASH diet is:
A. 2-3
B. 3-5
C. 6 or less
D. 4-5
ANSWER: D

- 466). Infantile beri beri occurs in infants usually by age:

- A. 2-4 weeks
 - B. 4-5 weeks
 - C. 3-4 weeks
 - D. 2-3 weeks
- ANSWER: C

467) The health of an emergency-affected population is affected by:

- A. Overcrowded camps
- B. Multi sectoral assessment
- C. Inter agency assessment
- D. Quality of shelter

ANSWER: D

468). An outbreak of measles can result in

- A. slow growth
- B. severe edema
- C. Malnutrition
- D. underweight

ANSWER: C

469). The vital component of initiating an emergency program is:

- A. Nutritional status
- B. Health assessment
- C. Mortality
- D. Morbidity

ANSWER: B

470). To gather more details on health status is a purpose of:

- A. Rapid health assessment
- B. In-depth comprehensive assessment
- C. Surveys
- D. Surveillance

ANSWER: B

471). SMART stands for:

- A. Standardized measuring and assessment of relief and transitions
- B. Standardized measuring and assessment of risks and transitions
- C. Standardized monitoring and assessment of relief and transitions
- D. Standardized monitoring and assessment of relief and tools

ANSWER: C

472). Lack of blankets and clothing are the major contributing factors of

- A. acute respiratory infection
- B. slow wound healing
- C. Breathing problems
- D. None

ANSWER: A

473) Which sudden-onset emergencies may have high death tolls?

- A. Floods
- B. Famine
- C. Diarrheal diseases
- D. Earthquakes

ANSWER: D

474). The CMR formula used in emergency is:

- A. Deaths per 10,000 per days
- B. Deaths per 1000 per days
- C. Deaths per 10,000 per days
- D. Deaths per 100 per days

ANSWER: C

475). Men need protein per day:

- A. 46 grams
- B. 56 grams
- C. 66 grams
- D. 76 grams

ANSWER: B

476). is not a pure protein option

- A. lactin
- B. casein
- C. Whey protein
- D. Prolactin

ANSWER: C

477). In children and pregnant or lactating women, the protein requirement is taken to include the needs associated with:

- A. Losses of nitrogen
- B. Lowest level of dietary protein intake
- C. Maintaining energy balance
- D. Deposition of tissues

ANSWER: D

478). The obligatory nitrogen loss is done by:

- A. Oxidative stress
- B. Oxidative catabolism
- C. Oxidative anabolism
- D. Oxidative specie

ANSWER: B

479). Excessive protein intake may contribute to:

- A. Deposition of tissues
- B. Improves nitrogen balance
- C. Demineralization of bones
- D. Utilization of dietary protein

ANSWER: C

480). RDA for Riboflavin is:

- A. 1.1-1.3 mg
- B. 1.1-1.2 mg
- C. 1.1-1.4 mg
- D. 1.1-1.5 mg

ANSWER: A

481). RDA for Vitamin D is:

- A. 700-900 IU
- B. 700-800 IU
- C. 600-900 IU
- D. 600-800 IU

ANSWER: D

482). Voluntary fortification is the most effective public health strategy is:

- A. True
- B. False

ANSWER: B

483). Which micronutrient is required for the synthesis of thyroid hormone?

- A. Cobalt
- B. Copper
- C. Manganese
- D. Selenium

ANSWER: D

484). RDA for chloride is:

- A. 2000-2500 mg
- B. 2000-2300 mg
- C. 1800-2300 mg
- D. 1800-2500 mg

ANSWER: C

485). become more prominent in Marasmus

- A. legs
- B. hair
- C. Ribs
- D. Eyes

ANSWER: C

- 486). In moderate anemia, the concentration of hemoglobin is:
A. 10-11.9 g per dl
B. less than 7 g per dl
C. 7-9.9 g per dl
D. 6-9.9 g per dl
ANSWER: C
- 487). Congenital hypothyroidism presents in:
A. Fetus
B. Adults
C. Children
D. Pregnant females
ANSWER: A
- 488) Inadequate utilization of iodine is due to the presence of goitrogens
A. True
B. False
ANSWER: A
- 489). Which Vitamin is stored in liver?
A. Vitamin K
B. Vitamin E
C. Vitamin A
D. Vitamin B
ANSWER: C
- 490). The first manifestation of Vitamin A is:
A. Bitot spot
B. Keratomalacia
C. Xerosis
D. Night blindness
ANSWER: D
- 491). Which Vitamin favors the absorption of Iron?
A. Vitamin C
B. Vitamin A
C. Vitamin D
D. Vitamin E
ANSWER: A
- 492). Thiamine deficiency occurs when energy expenditure is:
A. Low
B. Moderate
C. High
D. Mild
ANSWER: C

- 493). Niacin deficiency occurs when there is excess of following amino acid
A. Leucine
B. Lysine
C. Histamine
D. Isoleucine
ANSWER: D
- 494). In Vitamin D deficiency the pelvis is formed
A. True
B. False
ANSWER: B
- 495). Which index is not useful for screening or assessment?
A. Height for age
B. Weight for age
C. MUAC
D. BMI
ANSWER: B
- 496). To detect changes in the nutritional status of population over a period of time is:
A. Periodic screening
B. Period nutritional surveys
C. Rapid assessment
D. Nutritional surveillance
ANSWER: D
- 497). To cover losses in landlocked countries how much additional percentage should be added?
A. 15%
B. 5%
C. 20%
D. 10%
ANSWER: D
- 498). SEPs that provide 500-700 Kcal should include protein:
A. 10-15g
B. 10-20g
C. 10-25g
D. 10-30g
ANSWER: C
- 499). Acute phase for the treatment of PEM comes under rehabilitation phase
A. True
B. False
ANSWER: B

500). The patient who is severely malnourished is discharged when the BMI reached:

- A. 18.5
- B. 17.5
- C. 16.5
- D. 15.5

ANSWER: A

501). Liquid medication with high osmolalities could be diluted with;

- A. Sterile water
- B. Glucose
- C. Electrolyte solution
- D. Normal saline

ANSWER: A

502). Insoluble fiber reaches the after ingestion and is associated with good bowel function.

- A. Small intestine
- B. Bladder
- C. Large intestine
- D. Stomach

ANSWER: C

503). Dextrose provides ;

- A. 3.4 kcal/g
- B. 8.0 kcal/g
- C. 6.0 kcal/g
- D. 4.0 kcal/g

ANSWER: A

504). refers to care being provided outside the hospital

- A. Ambulatory care
- B. Acute Care
- C. Critical Care
- D. Home Health Care

ANSWER: A

505). Ambulation is the ability to walk from place to place with or without assistance

- A. True
- B. False

ANSWER: A

506). Acute care is a term used to describe “the care of patients who are extremely ill

- A. True
- B. False

ANSWER: B

- 507). Common conditions that require critical care
A. Heart Problem
B. Lung Problem
C. Organ Failure
D. All of these
ANSWER: D
- 508). Injury is Physical, emotional or financial resulted from the breach of duty owed the patient
A. True
B. False
ANSWER: A
- 509). Assault is Use of adverse language that affects ones reputation
A. True
B. False
ANSWER: B
- 510). Sources of noise includes;
A. Xray
B. Infusion Pump
C. CBC
D. All of these
ANSWER: B
- 511). Patients may be moved to the hospital ward or a rehabilitation facility, after making improvements during a stay in ICU.
A. True
B. False
ANSWER: A
- 512). Domiciliary care is also known as
A. Social Care
B. Emotional Care
C. Local Care
D. Acute Care
ANSWER: A
- 513). Occupational health professionals work in or they may serve as consultants on a limited or part time basis
A. Industrial Setting
B. Residential Setting
C. Hospital Setting
D. Hostel Setting
ANSWER: A

514). The term is included because the diagnosis of pica does not apply to ingestion of diet products that have minimal nutritional content.

- A. Bacterial
- B. Fungal
- C. Nonfood
- D. Metal

ANSWER: C

515). Pica is rare disorder among children and adolescents

- A. True
- B. False

ANSWER: A

516). The eating of nonnutritive, nonfood substances may also manifest in Lactation, when specific cravings (e.g., chalk or ice) might occur.

- A. True
- B. False

ANSWER: B

517). 50% of kids who persistently refuse food in year 1 continue to have feeding problems in childhood.

- A. True
- B. False

ANSWER: B

518). Malnutrition secondary to repeated regurgitation may be associated with.....

- A. Anorexia
- B. Growth delay
- C. Mrasmus
- D. PEM

ANSWER: B

519). To diagnose Conjunctivitis, doctors run blood tests and take cultures of blood, urine, and, if necessary, cerebrospinal fluid to look for bacteria.

- A. True
- B. False

ANSWER: B

520). Both bacterial and viral infections can cause conjunctivitis in newborns.

- A. True
- B. False

ANSWER: A

521). Thrush in can be treated with liquid antifungal medicine.

- A. Conjunctivitis

- B. Candidiasis
 - C. Listeriosis
 - D. GBS
- ANSWER: B

522) Sepsis is a serious infection that involves the spread of germs throughout the body's blood and tissues.

- A. Conjunctivitis
 - B. Candidiasis
 - C. Listeriosis
 - D. Sepsis
- ANSWER: D

523). Meningitis, particularly meningitis, is a serious infection in newborns.

- A. Bacterial
 - B. Viral
 - C. Fungal
 - D. None of these
- ANSWER: A

524). Food that isn't properly cleaned, pasteurized, or cooked may give someone Candidiasis

- A. True
 - B. False
- ANSWER: B

525). The direct methods of nutritional assessment deals with the individual and measure criteria

- A. Objective
 - B. Subjective
 - C. Descriptive
 - D. Quantitative
- ANSWER: A

526). Per capita income, population density & social habits are included in

- A. Social factors
 - B. Ecological factors
 - C. Economic factors
 - D. Physical factors
- ANSWER: C

527). Evidence shows that is associated with type 2 diabetes & high risk of cardiovascular morbidity & mortality

- A. Obesity level
- B. Growth index
- C. Low BMI
- D. Physical factors

ANSWER: A

- 528). Waist circumference is measured at the level of the umbilicus to the nearest
- A. 0.5cm
 - B. 0.15cm
 - C. 0.5 inches
 - D. 0.15inches

ANSWER: A

- 529). Level 2 is the maximum acceptable waist circumference
- A. True
 - B. False

ANSWER: B

- 530). A WHR below these cut-off levels is considered high risk
- A. True
 - B. False

ANSWER: B

- 531). for the presence of ova and/or intestinal parasites

- A. Urine Dipstick
- B. CBC
- C. Stool examination
- D. Albumin level

ANSWER: C

- 532). Biochemical test is precise, accurate and reproducible

- A. True
- B. False

ANSWER: A

- 533). Spooning of nails is due to calcium deficiency

- A. True
- B. False

ANSWER: B

- 534). is quick, easy, & depends on short-term memory, but may not be truly representative of the person's usual intake

- A. Food diary
- B. 24hr recall
- C. Food frequency
- D. Dietary history

ANSWER: B

- 535) Malnutrition is associated with a high incidence of operative complications and death

- A. True

B. False
ANSWER: A

536). ICU patients are considered in surgery
A. Severe stress
B. Mild stress
C. Moderate stress
D. Normal
ANSWER: C

537). Surgical stress, sepsis, bacteremia, medications are known as
A. Extraordinary Stressors
B. Mild Stressors
C. Moderate Stressors
D. Normal Stressors
ANSWER: A

538). 0.75 L D70 W gives g Dextrose & kcal
A. 525g. 1875kcal
B. 525g. 1785kcal
C. 5225g. 1875kcal
D. 5250g. 1785kcal
ANSWER: B

539). In general, adults need 35 mL water per kg body weight
A. True
B. False
ANSWER: A

540). 8kg infants need 1200ml/day
A. True
B. False
ANSWER: A

541). 0.5 L 20% lipid delivers 1800 Kcals.
A. True
B. False
ANSWER: B

542). 1.25 L ; 8.5% AA provides Kcal.
A. 426
B. 642
C. 246
D. 462
ANSWER: A

543). 1.25 L D30W; 250 mL 20% lipids..... Kcal.
A. 1775
B. 1885
C. 1575
D. 1650
ANSWER: A

544). Degree to which a drug reaches to circulation and becomes available to target organ is called half life
A. True
B. False
ANSWER: B

545). MFO stands for
A. Mixed Function oxidase system
B. Mixed Function oxidative support
C. Multi Function oxidase system
D. Multi Formation oxidase system
ANSWER: A

546). Absorption of drugs depends upon
A. Administration of supplements
B. Rate of gastric emptying
C. Renal excretion
D. Motility
ANSWER: B

547). Fat soluble drugs may accumulate in body & increase risk of toxicity in
A. Elderly
B. Infants
C. Underweight
D. Teenagers
ANSWER: A

548). Fosamax is an example of antiosteoporosis drug
A. True
B. False
ANSWER: A

549). Diseases caused by contaminated food are...
A. Salmonella
B. Staph
C. Diabetes
D. A and B
ANSWER: D

- 550). Which one of the following is severe febrile disease?
A. Malaria
B. Tuberculosis
C. Typhoid fever
D. Louse born typhus
ANSWER: D
- 551). The rate of diarrheal disease caused by the consumption of contaminated food is:
A. 60%
B. 80%
C. 70%
D. 50%
ANSWER: C
- 552). Acute viral respiratory illness is?
A. Malaria
B. Measles
C. Dengue fever
D. Louse born typhus
ANSWER: B
- 553). Deforestation is an example of:
A. Man-induced disaster
B. Hybrid disaster
C. Natural disaster
D. Hydro-metrological disaster
ANSWER: B
- 554). What is the level of disaster if the disaster requires assistance from external sources:
A. Level-IV
B. Level-III
C. Level-II
D. Level-I
ANSWER: C
ANSWER: D
- 555). Victims of the atomic bomb of Hiroshima is an example of which phase
A. Post impact phase
B. Pre-impact phase
C. Initial phase
D. Impact phase
ANSWER: A
- 556). The abilities which increase a community ability to deal with hazards is:
A. Risk
B. Capacities

C. Hazard
D. Vulnerability
ANSWER: B

557). : The formula for the ingredients of disaster relationship

- A. $H-V \cdot R=C$
 - B. $H \cdot C-V=R$
 - C. $H-V \cdot C=R$
 - D. $H \cdot V-C=R$
- ANSWER: D

558). Actions taken in the aftermath of a disaster to revive key economic and social activities is:

- A. Relief
 - B. Recovery
 - C. Rehabilitation
 - D. Response
- ANSWER: C

559). Measures taken to avert a disaster from occurring are:

- A. Development
 - B. Prevention
 - C. Preparedness
 - D. Planning
- ANSWER: B

560). CRED stands for:

- A. Clinical Research on the Epidemiology of Disaster
 - B. Community Research on the Emergency of Disaster
 - C. Centre for Research on the Epidemiology of Disaster
 - D. Centre for Research on the Emergency of Disaster
- ANSWER: C

561). The biggest ever famine occurred in:

- A. North Korea
 - B. China
 - C. Ethiopia
 - D. Africa
- ANSWER: B

562). Pakistan in 2010 faced disaster (flood). affected about:

- A. 32 million people
 - B. 3.5 million people
 - C. 2.5 million people
 - D. 22 million people
- ANSWER: D

- 563). In which level of causes the influence is on households and communities:
A. Basic cause
B. Underlying cause
C. Immediate cause
D. Sudden cause
ANSWER: B
- 564). The Office for the Co-ordination of Humanitarian Affairs (OCHA) was created in:
A. 2002
B. 1980
C. 2005
D. 2007
ANSWER: C
- 565). Softening and ulceration of the cornea is:
A. Bitot spots
B. Corneal xerosis
C. Night blindness
D. Keratomalacia
ANSWER: D
- 566). Focus group discussion is a data collection method for:
A. Nutrition surveys
B. Rapid assessment
C. Nutritional surveillance
D. Monitoring
ANSWER: B
- 567). Dominant form of response is:
A. Food response
B. Non-food response
C. Therapeutic care
D. Food Aid
ANSWER: D
- 568). 5-step Multiple-pass method given by:
A. USDA
B. FAO
C. WHO
D. UNICEF
ANSWER: A
- 569). In 24-hours dietary recall method administration time is:
A. 10-20 min
B. 15-30 min

- C. 20-30 min
 - D. 25-30 min
- ANSWER: C

- 570). Number of days required to obtain fat intake
- A. 10-27
 - B. 10-23
 - C. 7-14
 - D. 20-50+
- ANSWER: B

- 571). CASI stands for:
- A. Computer associated self interaction diet
 - B. Computer associated self interview diet
 - C. Computer assisted self interaction diet
 - D. Computer assisted self interview diet
- ANSWER: D

- 572). Which technique automatically calculates the energy and nutrient content of food?
- A. Food diary
 - B. CASI
 - C. Automated self administered 24 hour recall
 - D. Digital photography of food
- ANSWER: D

- 573). 1 kg loss in body weight requires loss of how much calories?
- A. 2500
 - B. 1500
 - C. 7000
 - D. 1000
- ANSWER: C

- 574). Which one is the natural type of sweeteners?
- A. Aspartame
 - B. Saccharin
 - C. Sucrose
 - D. Sorbitol
- ANSWER: D

- 575). Weech formula for calculating expected weight for 1-6 years child is:
- A. age (months) + 9 / 2
 - B. age (years) x 2 + 8
 - C. age (years) x 7 - 5 / 1
 - D. age (years) x 7 - 5 / 2
- ANSWER: B

576). In child the brain growth takes place during infancy is:

- A. 70%
- B. 30%
- C. 10%
- D. 15%

ANSWER: C

577). -----g/kg/day protein is needed by an infant of 6-12 months old:

- A. 2.2
- B. 1.6
- C. 0.8
- D. 1.2

ANSWER: B

578). Different dietary laws depending on orthodox/conservative/reform beliefs in religion. Meat and milk products are not mixed.

- A. Jewish
- B. Islamic
- C. Catholic
- D. Hinduism

ANSWER: A

579). Food pattern of..... is similar to Mexican in which Tropical fruits and vegetables are added.

- A. Alaskan Native
- B. Ecological factors
- C. Puerto Rican
- D. African-American

ANSWER: C

580). Food symbolizes acceptance and warmth in relationships.

- A. Social
- B. Business
- C. Formal
- D. Psychological

ANSWER: A

581). In today's age, Food habits are more likely to be manipulated by

- A. Media
- B. Diet
- C. Genetics
- D. Society

ANSWER: A

- 582). Any popular fashion or pursuit without substantial basis that is embraced fervently is known as food fads.
A. True
B. False
ANSWER: B
- 583). Food fad claims tend to focus on foods, not the specific nutrients in food
A. True
B. False
ANSWER: A
- 584). Biological capability to bear children is known as
A. Fertility
B. Fecundity
C. Reproduction
D. Cell division
ANSWER: B
- 585). Acute Undernutrition reduces reproductive capacity by modifying hormonal signals that regulate menstrual cycles in females. In males, it causes impaired sperm maturation.
A. True
B. False
ANSWER: A
- 586). High fiber diets may reduce progesterone level.
A. True
B. False
ANSWER: B
- 587). Consumption of of isoflavones from soy increases menstrual cycle length by about a day, In males soy intake is not related to androgen levels nor semen quality.
A. 40-400 mg/day
B. 20-200 mg/day
C. 20-25 mg/day
D. 40-45 mg/day
ANSWER: B
- 588). Alcohol decreases fertility by decreasing levels of estrogen and testosterone and disrupting normal menstrual cycle
A. True
B. False
ANSWER: A
- 589). Intake of 300mg of caffeine daily from coffee, sodas and tea decrease the chance of conceiving by
A. 30%
B. 46%

C. 27%

D. 18%

ANSWER: C

590). If women consume 12mg or more of beta-carotene daily for over 6 weeks, or by taking tanning pills, it may cause;

A. Carotenemia

B. Anemia

C. Hepatitis A

D. Conjunctivitis

ANSWER: A

591). A congenital abnormality in which testes are small and firm, legs abnormally long and intelligence generally subnormal, causes infertility in men

A. Klinefelter's Syndrome

B. Carotenemia

C. Carotenemia

D. Down's Syndrome

ANSWER: A

592). Antioxidant nutrients protect sperm DNA from oxidative damage and promote normal sperm motility and function.

A. True

B. False

ANSWER: A

593). Exposure to glycol compounds can decrease fertility in males threefold

A. True

B. False

ANSWER: A

594). Inadequate folate very early in pregnancy can cause congenital abnormalities

A. True

B. False

ANSWER: B

595). Exposure to pesticides made from may reduce sperm count and male fertility.

A. Halogen

B. Lead

C. Cadmium

D. Cobalt

ANSWER: A

596) A condition occurring among women of reproductive age that includes a group of physical, psychological and behavioral syndromes with onset in luteal phase and subsiding with menstrual bleeding.

- A. PMS
 - B. PMDD
 - C. Dysmenorrhea
 - D. NTD
- ANSWER: A

597). In women immune cells produce estrogen and leptin, that are related to abnormal menses and infertility.

- A. True
- B. False

ANSWER: B

598). PMDD stands for

- A. Premenstrual Dysphoric Disorder
- B. Premenstrual Dybolic Disorder
- C. Premature Dysphoric Disorder
- D. Premenstrual Dysphoric Distress

ANSWER: A

599). Exposures that produce malformations in embryos or fetus.

- A. Morbidity
- B. Teratogenic
- C. Congenital abnormality
- D. Motility

ANSWER: B

600). During pregnancy oral medication can increase insulin in fetus and can cause excessive fetal growth and

- A. Fat gain
- B. Muscle gain
- C. Underweight
- D. Gestational diabetes

ANSWER: A

601). High levels of abdominal fat are related with insulin resistance that in turn reduces fertility.

- A. True
- B. False

ANSWER: A

602). A condition in females characterized by insulin resistance, high blood insulin and testosterone levels, obesity, menstrual dysfunction, amenorrhea, infertility, hirsutism (excess body hair) and acne.

- A. PCOS
- B. PMS
- C. PMDD

D. PKU
ANSWER: A

603). Phenylketonuria is an in phenylalanine metabolism most commonly caused by a deficiency of phenylalanine hydroxylase, which converts the essential amino acid phenylalanine to non essential amino acid tyrosine. It impairs development of normal nervous system of embryo.

- A. Metabolic Syndrome
- B. Inherited Error
- C. Nutritional deficiency
- D. Chronic disorder

ANSWER: B

604). The higher the GL of a food, the greater the expected elevation in blood glucose and insulin due to consumption of the food.

- A. True
- B. False

ANSWER: A

605). Women and men using herbs for fertility problems should inform their health care providers and avoid using if conception is possible.

- A. True
- B. False

ANSWER: A

606). Protein Requirement During pregnancy is 35 g per day

- A. True
- B. False

ANSWER: B

607). Children withtend to have poor coordination, short attention span, and behavioral problems and they may remain small for their age

- A. Fetal Alcohol Syndrome (FAS)
- B. Neural Tube Defect (NTD).
- C. Phenylketonuria (PKU)
- D. Klinefelter's Syndrome

ANSWER: A

608). Vitamin deficiency only become apparent after delivery.

- A. B12
- B. B6
- C. C
- D. A

ANSWER: A

- 609). DRI for linoleic acid is 13 g and for alpha-linolenic acid is 1.4 g per day during pregnancy.
A. True
B. False
ANSWER: A
- 610). Recommended intake of DHA and EPA daily during pregnancy is.....
A. 0.65 g
B. 1.65 g
C. 0.85 g
D. 1.85 g
ANSWER: A
- 611). Folate requirements increase dramatically during pregnancy due to extensive organ and growth.
A. Tissue
B. Muscle
C. Blood cell
D. Bone
ANSWER: A
- 612). Vitamin is important in reactions involved in cell differentiation.
A. A
B. B
C. C
D. D
ANSWER: A
- 613). A newborn infant after development of 9 months measures close to 20cm
A. True
B. False
ANSWER: B
- 614). The range in caloric requirements for individual infants is broad, ranging from 80 to 120 calories per body weight.
A. 2.2lb
B. 2.2kg
C. 1.2lb
D. 1.2kg
ANSWER: A
- 615). Dental caries in early childhood are more frequent if an infant does not meet the DRI for
A. Phosphorus
B. Calcium
C. Fluoride

D. Vitamin D
ANSWER: C

- 616). Illnesses such as diarrhea or vomiting cause the loss of sodium and water and increase the risk of
- A. Dehydration
 - B. Anemia
 - C. Food poisoning
 - D. Constipation
- ANSWER: A

- 617). Binding proteins in human milk bind making the nutrients unavailable for pathogens to grow in the GI tract of infant.
- A. Iron and vitamin B12
 - B. Ca and vitamin B12
 - C. Iron and vitamin B6
 - D. Iron and vitamin B1
- ANSWER: A

- 618). Human milk is isosmotic (of similar ion concentration; in this case human milk and plasma are of similar ion concentration) and therefore meets the requirements for infants without other forms of food or water.
- A. True
 - B. False
- ANSWER: A

- 619). Constipation: A condition marked by a sudden onset of irritability, fussiness, or crying in a young infant between 2 weeks and 3 months of age who is otherwise growing and healthy.
- A. True
 - B. False
- ANSWER: B

- 620). Respiratory rate of infants is:
- A. 20-30 breaths/min
 - B. 20-40 breaths/min
 - C. 40-60 breaths/min
 - D. 20-25 breaths/min
- ANSWER: B

- 621). By 3 year posture toddler is more upright spine has strengthened,back becomes straighter child has lost some baby fat
- A. True
 - B. False
- ANSWER: A

- 622). Large motor skills mainly depend on use and control of fine muscles, wrists, fingers, ankles, Turning pages.
A. True
B. False
ANSWER: B
- 623). Adequate energy intake to meet an individual needs has a protein sparing effect. That is, with adequate energy intake, protein is used for growth and tissue repair rather than for energy. RDA for 1 to 3yr is:
A. 1.1g/day
B. 13g/day
C. 21.1g/day
D. 10g/day
ANSWER: B
- 624). A rapid growth rate coupled with frequently inadequate intake of dietary iron places toddlers, especially 12 to 24-month olds, at the highest risk for iron deficiency.
A. True
B. False
ANSWER: B
- 625). is transmitted by handling raw poultry, eating undercooked poultry, drinking raw milk or nonchlorinated water, or handling infected animal or human feces.
A. Salmonella
B. E.Coli
C. Campylobacter
D. None of these
Answer: C
- 626). Young children easily develop from high amounts of fiber, and high-fiber foods may displace other energy dense foods and may decrease the bioavailability of some minerals, such as iron and calcium.
A. Diarrhea
B. Anemia
C. Hepatitis A
D. Conjunctivitis
Answer: A
- 627). Males gain per year during puberty
A. 20 lbs
B. 20 kg
C. 9 lbs
D. 19 lbs
Answer: A

- 628). When protein is inadequate, growth, sexual maturity delay and reduced accumulation of lean body mass, 14-18 years old require 0.85/g/kg/day
A. True
B. False
Answer: A
- 629). 4-18 years old should consume 25-35% of total fats
A. True
B. False
Answer: A
- 630). Bulimia Nervosa A disorder characterized by repeated bouts of uncontrolled, rapid ingestion of large quantities of food
A. True
B. False
Answer: B
- 631). The largest component of daily energy expenditure, for most adults, is the involuntary process of internal chemical activities that maintain the body.
A. 60–75%
B. 40–50%
C. 10–15%
D. 20–40%
Answer: A
- 632). is important for epithelial cell growth and development and for activity of immune cells.
A. Vitamin A
B. Vitamin C
C. Vitamin E
D. Vitamin D
Answer: A
- 633). Fiber, especially soluble or viscous fiber, reduces absorption of cholesterol from the gut and has positive effects on blood lipids, glucose metabolism, and weight management.
A. True
B. False
Answer: A
- 634). The AI for vitamin D is 5 micrograms/day up to age 50, and then it
A. Doubles
B. Lessen
C. Remains same
D. Increases by one half
Answer: A

- 635). has many functions in the body, including electrolyte balance and muscle contraction.
A. Calcium
B. Potassium
C. Magnesium
D. Sodium
Answer: B
- 636).inability to get to the toilet on their own.
A. Nocturia
B. Disorientation
C. Dementia
D. Alzheimer's
Answer: A
- 637). HIV is a group of diseases in which genes malfunction, resulting in unregulated cell growth and tumor formation.
A. True
B. False
Answer: B
- 638). Lifestyle interventions can optimize health and nutritional status and help achieve or maintain normal weight. Intervention may include an individualized plan for weight management and
A. Physical activity
B. Fad Diet
C. Fasting
D. MNT
Answer: A
- 639). Currently, even the best nutritional advice and selfcare cannot restore immune function and prevent the eventual progression of.....
A. Metabolic Syndrome
B. HIV
C. Cancer
D. Chronic disorder
Answer: B
- 640). Nutrition intervention for CVD begins early in life to prevent or delay the development of atherosclerosis, often through population-oriented messages and dietary guidance, and shifts to the individual level when risk factors develop, or CVD is diagnosed.
A. True
B. False
Answer: A
- 641). 1600 calories a day is about right for many sedentary women and some older adults.

- A. True
 - B. False
- Answer: A

642). Calcium and phosphorus need for men and women decline after age 35 because skeletal growth is almost complete.

- A. True
 - B. False
- Answer: B

643). Men older than should be encouraged to undergo an annual digital rectal examination or other forms of prostate cancer screening because overt symptoms may not occur until cancer is advanced.

- A. 40
 - B. 55
 - C. 60
 - D. 30
- Answer: A

644). determinants such as culture, family, peers and meal patterns

- A. Social
 - B. Psychological
 - C. Chronological
 - D. Physical
- Answer: A

645). PA factor for very active is 1.48 and it denotes 60 min moderate activity and 60 min vigorous or 120 min moderate activity

- A. True
 - B. False
- Answer: A

646). EER of a 30 year old female (low active), whose weight is 150 pounds and is 5.5 feet tall will be and at 50 years will be

- A. 2556 and 2416 kcal.
 - B. 2416 and 2356 kcal.
 - C. 2656 and 2356 kcal.
 - D. 2500 and 2406 kcal.
- Answer: A

647). A 65 year old male who is 5.11 feet tall and weights 250lbs. has EER 2738kcal. What was his EER at age of 30?

- A. 3088 kcal.
- B. 3038 kcal.
- C. 2773 kcal.
- D. 2948 kcal.

Answer: A

- 648). < 10% form sweeteners but adolescents consume about of total energy for soft drinks
- A. 16%
 - B. 30%
 - C. 10%
 - D. 20%

Answer: A

- 649). An active 30-year-old male who is 5 feet 11 inches tall and weighs 178 pounds. His EER is 3699 kcal.
- A. True
 - B. False

Answer: B

- 650). In an egg allergy following reactions are seen except:
- A. Elicits an immune response.
 - B. Causes an immediate reaction.
 - C. inflammation on skin
 - D. nasal congestion

Answer: A

- 651). Which food group is contains high amount of cholesterol?
- A. Grains and Pulses
 - B. Shellfish, meats, dairy products
 - C. Fruits and vegetables
 - D. None of the above

Answer: B

- 652). Biological value of egg is?
- A. 110
 - B. 94
 - C. 54
 - D. 14

Answer: B

- 653). Milk is rich in all the following except
- A. Sodium
 - B. Iron
 - C. Phosphate
 - D. Calcium

Answer: B

- 654). In man, the major end product of protein, Nitrogen, metabolism is
- A. Urea

- B. NH₃
 - C. Glycine
 - D. Uric acid
- Answer: A

- 655). In humans, the dietary deficiency of vitamin K causes
- A. Stunted growth
 - B. Delay in blood clotting
 - C. Digestive disorders
 - D. Pernicious anemia
- Answer: B

- 656). Vitamin D can be best described as a
- A. Simple lipid
 - B. Compound lipid
 - C. Phosphors lipid
 - D. Derived lipid
- Answer: D

- 657). Collagen can best be described as a
- A. Cytoskeleton protein
 - B. Acute phase protein
 - C. Hemo protein
 - D. Transmembrane transport protein
- Answer: A

- 658). Wet digestion is done for solution preparation which is used in atomic absorption spectrometry for-----determination.
- A. Protein quality
 - B. Minerals and vitamins
 - C. Only minerals
 - D. Only vitamins
- Answer: B

- 659). In atomic absorption spectrometry the property of light called -----is used for minerals determination.
- A. Reflection
 - B. Absorption
 - C. Radiation
 - D. Photo electric effect
- Answer: B

- 660). Centrifugation is a technique used for-----of molecules.
- A. Chemical properties
 - B. Separation
 - C. Deposition

D. None of the above

Answer: B

661). Rotors are physical components of an equipment called.

A. Electric balance

B. pH meter

C. Centrifuge

D. Atomic absorption spectrometer

Answer: C

662). Blood plasma pH is maintained at

A. 7.1 to 7.8

B. 7.2 to 7.6

C. 7.3 to 7.4

D. 7.4 to 7.6

Answer: C

663). Which of the following is removed from plasma to form serum?

A. Albumin

B. Water

C. Fibrinogen

D. Globulin

Answer: C

664). Which of the following substances can be added to a test tube to prevent blood from clotting.

A. Citrate

B. Edta

C. Heparin

D. All the above

Answer: D

665). Which enzyme begins digesting the fibrin strands and eroding the foundation of the blood clot?

A. Plasmin

B. Thrombin

C. Prothrombin

D. Thrombolplastin

Answer: B

666). A woman with good nutritional status will deliver.

A. Undernourished baby

B. Normal weight baby

C. Over weight baby

D. Obese baby

Answer: B

- 667). Dietary food guidelines are based on.
A. Basic three food groups
B. Basic four food groups
C. Basic five food groups
D. Basic eight food groups
Answer: C
- 668). Green leafy vegetables nutritionally differ from other vegetable because.
A. It provides vitamins
B. It provides minerals
C. It provides both vitamins and minerals
D. It provides fat and carbohydrates
Answer: C
- 669). Which of the following keep children on nutritional risk?
A. Higher nutrient store
B. Low nutrient store
C. Low nutrient loss
D. None of the above
Answer: B
- 670). Which of the following factor can interfere with food intake every conception?
A. Vomiting
B. Anorexia
C. Infection
D. All the above
Answer: A
- 671). Milk of well-nourished mother is enough for
A. For the first 6 months full term baby
B. For the first-year full term baby
C. For 9 months undernourished baby
D. None of the above
Answer: B
- 672). The ability of an antigen to react specifically with a particular antibody is called.
A. Specificity
B. Reactivity
C. Complementary
D. None of the above
Answer: A
- 673). Generally, severely malnourished children have one or more than one characteristics of the following.
A. Hypothermia

- B. Hypoglycemia
- C. Infection
- D. All the above

Answer: C

- 674). Enteral nutrition is one in which food and nutrients are administered through.
- A. Peripheral or central vein
 - B. Gastrointestinal tract or nasogastric tubing
 - C. Mouth
 - D. None of the above

Answer: B

- 675). F-75 formula diets are used during the:
- A. Initial phase of treatment of severely malnourished children
 - B. Rehabilitation phase of treatment of severely malnourished children
 - C. Intermediate phase of treatment of severely malnourished children
 - D. None of the above

Answer: A

- 676). Rehabilitation phase of severely malnourished children begins when a child shows:
- A. Weakness
 - B. Starts Vomiting
 - C. Hypothermia
 - D. None of the above

Answer: A

- 677). Resolution or separation of compounds in food can be improved by:
- A. Increasing the length of the column
 - B. Reducing the particle size of the stationary phase of the column
 - C. Changing the pH and temperature of the mobile phase
 - D. All the above

Answer: D

- 678). Which of the following proteins has a shortest half-life?
- A. Transferrin
 - B. Pre-albumin
 - C. Albumin
 - D. Retinol binding protein

Answer: C

- 679). Glucose Tolerance Test (GTT) is a measure of:
- A. Person's ability to tolerate glucose when glucose solution is given
 - B. Person's ability to tolerate Carbohydrate when starch solution is given
 - C. Person's ability to tolerate galactose solution is given
 - D. Person's ability to tolerate lactose solution is given

Answer: A

680). The diabetic patient glucose level 2 hours a dose of glucose should have:

- A. 100 mg/dl
- B. 150 mg/dl
- C. 175 mg/dl
- D. 200 mg/dl

Answer: A

681). A normal human thyroid gland weights:

- A. 10-15 gm
- B. 15-20 gm
- C. 10-20 gm
- D. 20-30 gm

Answer: D

682). -----is the distention of stomach or intestines with gases.

- A. Steatorrhea
- B. Dyspepsia
- C. Constipation
- D. Flatulence

Answer: C

683). Uremia is a toxic condition caused by:

- A. Retention of urea in the blood
- B. Accumulation of uric acid in the muscles
- C. Both A & B
- D. None of the above

Answer: A

684). Acute gastritis is an inflammation of the:

- A. Kidney
- B. Liver
- C. Gastric mucosa
- D. Gall bladder

Answer: C

685). A major cause of the infantile colic is the:

- A. Breast milk sensitivity
- B. Cow's milk protein allergy
- C. Heiner's syndrome
- D. Cow's milk sensitive enteropathy

Answer: B

686). A full-term infant is one whose gestational period is:

- A. 32-36 weeks
- B. 34-42 weeks

- C. 38-42 weeks
 - D. Both A & C
- Answer: C

687). Phagocytes also secrete special proteins called -----that active the metabolic and immune responses to infection.

- A. B- cells
 - B. T- Cells
 - C. Cytokines
 - D. Macrophages
- Answer: C

688). Antibiotics are a large group of -----agents produced naturally by a variety of microorganisms.

- A. Antiviral
 - B. Antimicrobial
 - C. Antifungal
 - D. Antibacterial
- Answer: D

689). The processes of forming cancer cells from normal cells is called

- A. Carcinogenesis
 - B. Carcinoma
 - C. Carcinogenesis
 - D. None of the above
- Answer: A

690). ----- after the cells lining the gastrointestinal tract.

- A. Endotoxins
 - B. Neurotoxins
 - C. Cytotoxins
 - D. Entertoxins
- Answer: D

691). Insulin stimulates cells to take up-----from the blood.

- A. Calcium
 - B. Protein
 - C. Iron
 - D. Glucose
- Answer: D

692). The most rapid brain growth occurs during the

- A. Infant's first year
- B. First two years of life
- C. Third trimester of pregnancy
- D. Both A & C

Answer: C

693). -----is one of the symptoms of fluid retention in the body

- A. Hair loss
- B. Severe weight loss
- C. Rapid weight gain
- D. Increased heart beat
- E. Both A & B

Answer: C

694). Treatment and prevention include-----for increasing strength flexibility and endurance.

- A. Sports programs
- B. Recreational programs
- C. Exercise programs
- D. Physical education programs

Answer: C

695). -----are a sudden tight intense pain caused by a muscle locked in spasm.

- A. Muscle cramp
- B. Muscle spasm
- C. Muscle sour
- D. Muscle tear
- E. Muscle pull

Answer: A

696). Basic research, also called-----research, it is undertaken for increase in knowledge.

- A. Fundamental
- B. Applied
- C. Action
- D. Combination
- E. Educational

Answer: A

697). Applied research is research undertaken to solve---rather than to acquire knowledge for knowledge's sake.

- A. Future problems
- B. Post facto problems
- C. Theoretical problems
- D. Practical problems
- E. Pre facto problems

Answer: D

698). Important indicator of both cognitive and emotional development in preschool children is

- A. Nutritional status
- B. Fine motor skills

- C. Language
- D. Temperament
- E. All the above

Answer: C

699). The respiratory center is located in:

- A. Spinal cord
- B. Medulla oblongata
- C. Cerebrum
- D. Cerebellum
- E. Hypothalamus

Answer: B

700). Which of the following cell organelle can replicate like DNA and chromosomes during cell mitosis?

- A. Mitochondria
- B. Centriole
- C. Ribosome
- D. Lysosome
- E. Nucleolus

Answer: B

701). Basically, cell membranes are composed of:

- A. Phospholipids
- B. Proteins
- C. Carbohydrates
- D. Electrolytes
- E. Both B & C

Answer: E

702). The most suitable test for diagnosis of diabetes mellitus is:

- A. Glucose tolerance test
- B. Fasting blood sugar
- C. Random blood sugar
- D. Urine sugar
- E. Both B & C

Answer: A

703). A raised level of calcium in the blood (Hypercalcemia)

- A. May occur when parathyroid activity decreases
- B. May occur when the plasma protein level falls
- C. May occur in chronic renal failure
- D. Causes increased excitability of nerve and muscle
- E. Increases the risk of stone formation in the urinary tract

Answer: E

- 704). Tissue are the similar cells and associated intercellular matter acting together to perform:
A. More or less nonspecific functions in the body
B. One or more specific functions in the body
C. One or more nonspecific functions in the body
D. None of the above
Answer: B
- 705). In the newborn high level of immunoglobulin-D is an indication of:
A. Chronic infections
B. Hyperimmunization
C. Malarial
D. Liver disease
Answer: A
- 706). The biological precursor of cortisone is:
A. Cholesterol
B. B-alanine
C. Acetyl-CoA
D. Acetoacetyl-CoA
Answer: A
- 707). The effectors hormone of pyruvate oxidation is:
A. Insulin
B. Glucagon
C. Epinephrine
D. Nor-epinephrine
Answer: A
- 708). Metabolic rate is increased by the activity of:
A. Parathyroid hormone
B. Thyroxin
C. Glucagon
D. Melatonin
Answer: B
- 709). Water reabsorption by kidneys is stimulated in the presence of:
A. Oxytocin
B. Antidiuretic hormone
C. Calcitonin
D. Glucagon
Answer: B
- 710). ----- is associated with diuresis
A. Vasopressin
B. Estrogen
C. Oxytocin

- D. Prolactin
 - E. None of the above
- Answer: E

- 711). The dietary guidelines for toddler and pre-school children include all of the following except:
- A. Variety in foods
 - B. Physical activity must increase more than 2-3 hrs
 - C. Limited sedentary activities
 - D. Parents should be role model for diet and physical activity
 - E. All of the above

Answer: D

- 712). Formula for estimating energy requirement for children aged 13-35 months is based on:
- A. $(89 * w((kg) - 100) + 20$
 - B. Height and weight only
 - C. Physical activity and gender only
 - D. $(898w(kg+100)-20$
 - E. Dietary intake and gender only

Answer: A

- 713). Vitamin C will enhance the absorption of:
- A. Potassium
 - B. Calcium
 - C. Iron
 - D. Sodium
 - E. Folic acid

Answer: D

- 714). A normal adult's diet should contain how many serving of vegetable?
- A. 2-4 servings/ day
 - B. 2-4 servings/ meal
 - C. 3-5 serving/ day
 - D. 3-5 serving/ meal
 - E. 6-11 serving/ day

Answer: C

- 715). The formula for calculating daily fluid requirement for a healthy 25 year old man is:
- A. 20-30 ml/kg body weight
 - B. 30-40 ml/kg body weight
 - C. 100 ml/kg for the first 10 kg, 50 ml/kg for the next 10 kg, and 15 ml/kg
 - D. For the remaining kg of body weight
 - E. Both B & C

Answer: E

- 716). The recommended dietary fiber for adults is:

- A. 10-15 g / day
 - B. 15-20 g / day
 - C. 20-35 g / day
 - D. None of the above
- Answer: A

717). The richest source of lycopene is:

- A. Cholesterol
- B. Animal fat
- C. Potatoes
- D. Tomatoes

Answer: D

718). Iodine is stored in the:

- A. Liver
- B. Intestine
- C. kidney
- D. Thyroid glands

Answer: D

719). Antioxidants are the substances present largely in:

- A. Plants and vegetables
- B. Meat and organs
- C. Dairy products
- D. All of the above

Answer: A

720). Glucose is transported from the placenta to the fetus:

- A. Passive diffusion
- B. Active transport
- C. Facilitated diffusion
- D. Pinocytosis

Answer: C

721). Which of the following oil is good source of cholesterol?

- A. Palm oil
- B. Soybean oil
- C. Corn oil
- D. Animal fat

Answer: D

722). Obesity can best be treated by:

- A. Complete restriction of food intake
- B. Complete restriction of fat intake
- C. Reduction in fat intake
- D. Reduction in energy intake

Answer: A

723). Potential effects of substance use on nutrition status of pregnant woman are:

- A. Appetite suppression
- B. Impaired nutrient metabolism and absorption
- C. Gestational diabetes
- D. High metabolic requirement of nutrients
- E. Both A & B

Answer: D

724). Plasma proteins help in-----of various substances in the body

- A. Digestion
- B. Absorption
- C. Transportation
- D. Utilization E. Excretion

Answer: C

725). The mold and fungi killers are known as:

- A. Pesticides
- B. Herbicides
- C. Mollucides
- D. fungicides

Answer: D

726). Aflatoxicosis is a hepatic disease that result from:

- A. The presence of aflatoxins in the air
- B. Ingestion of aflatoxins in contaminated food
- C. Water polluted with aflatoxins
- D. All the above

Answer: B

727). For human beings gossypol is considered as an-----drug extracted from a cotton plant

- A. Antihypertensive
- B. Antidiabetic
- C. Anticancer
- D. Both A & B

Answer: C

728). Pesticide is a broad term coving a range of products that are used to control:

- A. All microorganisms
- B. Insects
- C. pests
- D. All kinds of organisms

Answer: B

729). Oxalic acid binds ----- very tightly and makes much of this mineral unavailable.

- A. Calcium
- B. Sulphur
- C. Phosphorus
- D. Iron

Answer: A

730). In the problem-oriented record, the chart is organized according to the:

- A. Problems of patient
- B. Laboratory findings
- C. Clinical findings
- D. Source of the information

Answer: C

731). When assessing the nutritional status of an individual the clinical findings must be confirmed through:

- A. Dietary assessment
- B. Anthropometric measurement
- C. Biochemical tests
- D. Psychosocial information

Answer: C

732). In the exchange system, the foods are grouped into:

- A. 4 lists
- B. 7 lists
- C. 5 lists
- D. 6lists

Answer: B

733). The describe weight of a 5' 7" tall woman is:

- A. 148 pounds
- B. 135 pounds
- C. 141 pounds
- D. 142 pounds

Answer: B

734). Hemorrhagic disease of the newborn is due to inadequate:

- A. Vitamin A
- B. Protein
- C. Vitamin K
- D. Iron

Answer: C

735). The physical measurements used to access the nutrition status of a school going child are:

- A. Weight, height and skin fold thickness
- B. Weight and length
- C. Weight and abdominal girth

D. Head circumference only

Answer: A

736). A substance needed by the body for growth, energy, repair, and maintenance is called-----

A. Nutrient

B. Carbohydrate

C. Calorie

D. Fatty acid

Answer: A

737). All of the following are nutrients of food except-----

A. Plasma

B. Proteins

C. Carbohydrates

D. Vitamins

Answer: A

738). A high diet in saturated fats can be linked to which of the following?

A. Kidney failure

B. Bulimia

C. Anorexia

D. Cardiovascular disease

Answer: D

739). Amylases in saliva begin the breakdown of carbohydrates into-----

A. Fatty acids

B. Polypeptides

C. Amino acids

D. Simple Sugar

Answer: D

740). Your body needs vitamins and minerals because-----

A. They give the body energy

B. They help carry out metabolic reactions

C. They insulate the body's organs

D. They withdraw heat from the body

Answer: B

741). Food passes through the stomach by-----

A. The large intestine

B. The small intestine

C. The heart

D. The pancreas

Answer: B

- 742). About half of your diet should be made up of-----
A. Grains and vegetables
B. Fruits and milk
C. Milk and Cheese
D. Fats and sugars
Answer: A
- 743). A mineral that the body needs to work property is-----
A. Calcium
B. Silver
C. Gold
D. Lead
Answer: A
- 744). According to the pyramid food guidance system a person should obtain most of their fat from-
A. Beef, chicken, and fish
B. Vegetables, oils, nuts, and fish
C. Fats, oils, and sweets
D. Milk, yogurt, and cheese
Answer: B
- 745). ----- is the energy we get from eating food
A. Label
B. Food guide pyramid
C. Calorie
D. Basket
Answer: C
- 746). This food group is our body's best source of energy-----
A. Meat group
B. Fats, oils and sweets
C. Breads, and cereals
D. Milk and cheese
Answer: C
- 747). Which of these is not considered a nutrition
A. Vitamins
B. Minerals
C. Fiber
D. Fats
Answer: C
- 748). Which of these is added to the food label because people sometimes don't eat ENOUGH of this
A. Fat

- B. Calcium
- C. Sodium
- D. Cholesterol

Answer: B

749). Which of these is required on the food label?

- A. Total carbohydrates
- B. Sugars
- C. Iron
- D. All the above

Answer: D

750). The bread, cereal, rice and pasta group is a good source of-----

- A. Carbohydrates
- B. Vitamin C
- C. Calcium
- D. Vitamin D

Answer: A

751). Foods derive from animals provide ----- form of vitamin A:

- A. Carotenoids
- B. Beta carotene
- C. Retinyl esters
- D. Thiamine

ANSWER: C

752). Protein opsin is bound to a molecule of -----:

- A. Retinal
- B. Retinol
- C. Retinoids
- D. Carotenoids

ANSWER: A

753). The process in which cells must undo some parts of bones as they go is known as -----
-----:

- A. Bone transformation
- B. Bone formation
- C. Bone Remodeling
- D. Bone transfusion

ANSWER: C

754). Protein that is part of bone making and maintenance team is -----:

- A. Collagen
- B. Keratin
- C. Fibrin
- D. RBP

Answer: A

755). Foods that are stored in transparent glass containers are most likely to lose -----
-----:

- A. Niacin
- B. Thiamine
- C. Riboflavin
- D. Vitamin C

Answer: C

756). TPP stands for -----:

- A. Thio pyrophosphate
- B. Thiamin pyrophosphate
- C. Thiamine peptidases
- D. Tetra phenyl peptidase

Answer: B

757). People with dark skin and fair skin get same amount of vitamin D in -----
hours and ----- minutes respectively:

- A. 3 and 20
- B. 3 and 30
- C. 2 and 30
- D. 2 and 20

Answer: B

758). ----- gland contain more vitamin C than any other organ within the body:

- A. Pituitary
- B. Thyroid
- C. Adrenal
- D. Parathyroid

Answer: C

759). Nasal congestion develops in response to elevated level of -----:

- A. Serine
- B. Histamine
- C. Lysine
- D. Arginine

ANSWER: B

760). Oxidation of ----- and inflammation is implicated as key factor in development
of heart diseases:

- A. HDL
- B. LDL
- C. VLDL
- D. Chylomicrons

ANSWER: B

761). Hemolytic anemia can be treated with vitamin:

- A. D
- B. E
- C. A
- D. K

ANSWER: B

762). Removal of methyl group from co enzyme form of folate requires vitamin-----:

- A. D
- B. B6
- C. B12
- D. K

ANSWER: C

763). Receptors in intestine recognize the complex of Vitamin B12 with -----:

- A. Vitamin D
- B. Intrinsic factor
- C. Lipoproteins
- D. Folate

ANSWER: B

764). Enterohepatic circulation route is followed folate and vitamin -----:

- A. B3
- B. B6
- C. B12
- D. B1

Answer: C

765). All forms of vitamin B6 can be converted into pyridoxal phosphate which is active in ----
-----metabolism:

- A. Fatty acid
- B. Glucose
- C. Amino acid
- D. Citric acid

Answer: C

766). By consuming raw eggs deficiency of ----- can occur:

- A. Vitamin D and E
- B. Pantothenic acid
- C. Biotin
- D. Glucose

ANSWER: C

767). Niacin flush results if doses nicotinic acid is taken ----- times the RDA:

- A. 3 to 4
- B. 3 to 6

- C. 3 to 5
 - D. 4 to 5
- ANSWER: A

768). Cramping in the legs due to deficiency of vitamin E is known as -----:

- A. Intermittent claudication
- B. Muscular dystrophy
- C. Cystic fibrosis
- D. Hemophilia

ANSWER: A

769). Thiamine occupies a special site on -----:

- A. Nerve cells
- B. Intestinal cells
- C. Liver cells
- D. GIT cells

ANSWER: A

770). Niacin deficiency can cause-----:

- A. Pellagra
- B. Scurvy
- C. Beri beri
- D. CVD

Answer: A

771). Antisterility factor is-----:

- A. Cortisole
- B. PLP
- C. THF
- D. Tocopherol

Answer: D

772). Blindness is also known as -----?

- A. Keratinization
- B. Keratosis
- C. Xerosis
- D. Xerophthalmia

Answer: D

773). Bioavailability of folate from foods is -----%:

- A. 50
- B. 55
- C. 45
- D. 60

Answer: A

- 774). All women of child bearing age should take ----- micrograms of folate:
A. 400
B. 4
C. 40
D. 4000
Answer: A
- 775). Primary co enzyme form of tetrahydrofolate is pteroylglutamic acid:
A. True
B. False
Answer: B
- 776). 1 mg of niacin is equivalent of 60 mg of tryptophan:
A. True
B. False
Answer: A
- 777). Glycogen is stored in liver and -----:
A. Muscle
B. Brain
C. Intestines
D. Bones
Answer: A
- 778). Lower body fat is common in -----:
A. Man
B. Woman
C. Child
D. Old age
ANSWER: B
- 779). Chemical named ----- causes CHO cravings, initiates eating, decreases energy expenditures and increases fat storage:
A. Neuropeptide X
B. Neuropeptide Y
C. Calcitonine
D. Insulin
ANSWER: B
- 780). Basal metabolic and respiratory stress can lead to -----:
A. Hypermetabolism
B. Hypometabolism
C. BMR
D. RMR
ANSWER: A

781. As the food enters GIT hunger diminishes and ----- starts:

- A. Satiation
- B. Satiety
- C. Appetite
- D. Peristaltic movements

ANSWER: A

782. ----- is integrated response to sight, smell and taste of food that initiates or delays eating:

- A. Satiety
- B. Appetite
- C. Hunger
- D. Peristalsis

ANSWER: B

783. Beri beri is the disease of ----- deficiency:

- A. Riboflavin
- B. Thiamine
- C. Pyridoxine
- D. Niacine

ANSWER: B

784. With vitamin----- deficiency production of protein that binds calcium in the intestinal cells becomes slow:

- A. D
- B. A
- C. E
- D. C

ANSWER: A

785. Insulin reduces the level of ----- in body:

- A. Glycogen
- B. Glucose
- C. Epinephrine
- D. Serotonine

ANSWER: B

786. Conversion of proline to hydroxyproline requires both ----- and vitamin C:

- A. Iron
- B. Calcium
- C. Vit E
- D. Vit D

ANSWER: A

787. ----- energy yielding nutrient is considered to be the most satiating:

- A. CHO

- B. Fat
- C. Protein
- D. Vitamins

ANSWER: C

788. Peoples can override the signals of ----- during stressful situations or when presented with favorite food:

- A. Satiation
- B. Satiety
- C. Hunger
- D. Sleep

ANSWER: B

789. When some extra energy is spent to adapt any dramatically changed circumstances mechanism is known as -----:

- A. Thermic effect of food
- B. Adaptive thermogenesis
- C. Specific dynamic effect of food
- D. Basal metabolism

ANSWER: C

790. Fat malabsorption is often evidenced by -----:

- A. Dyspepsia
- B. Dysphagia
- C. Polyphagia
- D. Steatorrhea

ANSWER: B

791. During bacterial overgrowth risk of vitamin ----- deficiency develops as bacteria impairs its absorption:

- A. B6
- B. B12
- C. B2
- D. B3

ANSWER: B

792. Hypertriglyceredemia can be a cause of acute pancreatitis if triglycerides concentration is higher than -----:

- A. 500mg/dl
- B. 1000mg/dl
- C. 1500mg//dl
- D. 2000mg/dl

ANSWER: B

793. ----- affects all exocrine secretions:

- A. Panceatitis

- B. Zollinger-ellison syndrome
- C. Cystic fibrosis
- D. Hepatitis

ANSWER: C

794. Food from the meat, poultry, fish, dry beans, eggs and nuts group are an important source of -----

- A. Iron
- B. Beta Carotene
- C. Calcium
- D. Fiber

ANSWER: A

795. ----- form of vitamin A is active in vision:

- A. Retinol
- B. Retinoids
- C. Retinal
- D. Carotenoids

ANSWER: C

796. In cirrhosis due reduced synthesis of plasma proteins lowers the level of ----- :

- A. Insulin
- B. Albumin
- C. Fibrin
- D. Collagen

ANSWER: B

797. Ascites is an accumulation of water in -----:

- A. Body
- B. Brain
- C. Abdomen
- D. Feet

ANSWER: C

798. In order to carry away the waste products generated by body's metabolic activities a person must excrete ----- ml fluid as urine:

- A. 500
- B. 600
- C. 700
- D. 1000

ANSWER: A

799. Psoriasis is a skin disease in which skin cells multiply upto -----:

- A. 100 times
- B. 10 times
- C. 30 times

D. 3 times
ANSWER: B

800. In a solution more hydrogen ions means more concentrated the -----:

- A. Base
 - B. Protein
 - C. CHO
 - D. Acid
- ANSWER: D

801. Body responds to foreign invaders by producing -----:

- A. Immunity
 - B. Antibodies
 - C. Antigen
 - D. Hormones
- ANSWER: B

802. When a tissue is injured a rapid chain of events leads to the production of protein-----
-----:

- A. Keratin
 - B. Fibrin
 - C. Collagen
 - D. Albumin
- ANSWER: B

803. ----- and vitamin B12 are necessary for each other's activation:

- A. Calcium
 - B. Folate
 - C. Vit C
 - D. Mg
- ANSWER: B

804. Low blood pressure is responded by the cells of kidneys with the releases of an enzyme called -----

- A. Renin
 - B. RBC
 - C. Aldosterone
 - D. Vit A
- ANSWER: A

805. Molecular memory is called as -----:

- A. Hunger
 - B. Immunity
 - C. BMR
 - D. RMR
- ANSWER: B

806. There are ----- basic amino acids:

- A. 10
- B. 20
- C. 40
- D. 100

ANSWER: B

807. ----- is a genetic disorder:

- A. Cystic fibrosis
- B. Cancer
- C. CVD
- D. COPD

ANSWER: A

808. In diarrhea ----- are lost:

- A. Fat
- B. Electrolytes
- C. Protein
- D. Fat

ANSWER: B

809. Direct calorimetry measures the amount of -----:

- A. Heat released
- B. Oxygen consumed
- C. Fat consumed
- D. CHO consumed

ANSWER: A

810. Neuropeptide ----- stimulates all factors that cause positive energy balance and weight gain:

- A. Y
- B. X
- C. V
- D. H

ANSWER: A

811. tea soon of salt is equitant to----- amount of sodium :

- A. 2.1 g
- B. 2.2 g
- C. 2.3 g
- D. 2.4 g

ANSWER: C

812. In the time of the iron is given by the mucosal ferritin to -----:

- A. Myoglobin

- B. Mucosal transferrin
- C. Hemoglobin
- D. Collagen

ANSWER: B

813. Adequate chloride intake for an adult with 19 -50 years of age is----- mg/day:
- A. 2000
 - B. 1800
 - C. 2300
 - D. 2500

ANSWER: C

814. Steady heart beat is maintained by the -----:
- A. Calcium
 - B. Sodium
 - C. Potassium
 - D. Magnesium

ANSWER: C

815. In a health growing child iron absorption can be as high as ----- %:
- A. 2
 - B. 35
 - C. 42
 - D. 53

ANSWER: B

816. Insulin is synthesized, stored and release in the body with the help of -----:
- A. Zinc
 - B. Molybdenum
 - C. Iodine
 - D. Phosphorous

ANSWER: A

817. In the body main transport vehicle of the zinc is -----:
- A. Hemoglobin
 - B. Ferritin
 - C. Albumin
 - D. Collagen

ANSWER: C

818. As ----- crystals became stronger and dense the give rigidity and strength to the maturing bones:

- A. Hydroxyapatite
- B. Hemachromatosis
- C. Zinc and phosphorous
- D. Heme and non heme

ANSWER: A

819. The hypothalamus regulates thyroid hormone production by controlling the release of ----
-----:

- A. FSH
- B. BSH
- C. TSH
- D. ADH

ANSWER: C

820. When calcium level in blood is increased then calcium absorption in intestine is inhibited
by----:

- A. Vitamin D
- B. Parathyroid hormone
- C. Osteoclasts cells
- D. Calcitonine

ANSWER: D

821. The condition in which extreme and irreversible mental and physical retardation oA.ur
due to iodine deficiency during pregnancy is known as-----:

- A. Goiter
- B. Goitrogens
- C. Iodine deficiency
- D. Cretinism

ANSWER: D

822. Selenium and vitamin ----- works in tandem:

- A. A
- B. D
- C. E
- D. K

ANSWER: C

823. Lipid containing phosphorous as a part of their structures helps to transport ----- in
blood:

- A. Protein
- B. Vitamin C
- C. Lipid
- D. CHO

ANSWER: C

824. ATP uses----- phosphorous groups to do its work:

- A. 4
- B. 2
- C. 5
- D. 3

ANSWER: D

825. Fluorosis is caused by the toxicity of -----:

- A. Phosphorous
- B. Flouride
- C. Selenium
- D. Calcium

ANSWER: B

826. ----- enhances activity of hormone insulin thus maintains the homeostasis of glucose:

- A. Keratin
- B. Chromium
- C. Magnesium
- D. Sulfur

ANSWER: B

827. After absorption zinc may become involved in metabolic activities of cell itself or it may be retained in -----:

- A. Metalloenzyme
- B. Metallothionein
- C. Ferritin
- D. Transferrin

ANSWER: B

828. Entero pancreatic circulation is followed by -----:

- A. Zinc
- B. Sodium
- C. Phosphorous
- D. Vitamin K

ANSWER: A

829. For blood clotting and muscle contraction magnesium and ----- works together one promotes these activities while the other inhibits them:

- A. Molybdenum
- B. Sodium
- C. Calcium
- D. Sulfur

ANSWER: C

830. Iron from the supplement is ----- well absorbed than from foods:

- A. Less
- B. More
- C. Equally
- D. Far more

ANSWER: A

831. RDA of iron for men is ----- mg/day:

- A. 18
- B. 16
- C. 8
- D. 9

ANSWER: C

832. Body receives sulfur from amino acids methionin and -----:

- A. Histidine
- B. Cysteine
- C. Cystine
- D. Valine

ANSWER: B

833. ----- vitamin enhances iron absorption:

- A. C
- B. D
- C. E
- D. B

ANSWER: C

834. Deposition of iron storage protein in joints, hearts, liver and other tissues is a condition known as -----:

- A. Hemachromatosis
- B. Hemosiderosis
- C. Hemoglobin
- D. Hematocrit

ANSWER: B

835. ----- gm of protein from amino acid pool is catabolized every day in liver:

- A. 70-100
- B. 300-400
- C. 35-55
- D. 100

ANSWER: C

836. Positive nitrogen balance oA.urs in all conditions except -----:

- A. Pregnancy
- B. Starvation
- C. Recovery from illness
- D. Growth

ANSWER: B

837. ----- gm of protein is turned over each day:

- A. 70-100
- B. 100

- C. 300-400
 - D. 35-55
- ANSWER: C

838. Protein rich in ----- are easily degraded except:

- A. Serine
- B. Proline
- C. Histidine
- D. Glutamate

ANSWER: C

839. On each day muscle proteins are degraded at the rate of ----- percent in adults:

- A. 1-3
- B. 1-2
- C. 75-80
- D. 20-25

ANSWER: B

840. Induction of transaminases is done by ----- which promotes formation of gluconeogenesis:

- A. Glucocorticoids
- B. Steroids
- C. Neuropeptides
- D. Corticoids

ANSWER: A

841. Deamination of all amino acids occurs but when they are firstly transaminated into -----:

- A. Lysine
- B. Lactate
- C. Glutamate
- D. Threonine

ANSWER: C

842. ----- symptom is observed in hyperammonemia type I:

- A. Increased NH_4 levels in blood
- B. Increased NH_3 levels in blood
- C. Oliguria
- D. Increased glutamine in C.S.F

ANSWER: A

843. In patients myocardial infarction if chronic supplementation of ----- increases mortality rate:

- A. Tryptophan
- B. Histidine
- C. Arginine

D. Lysine
ANSWER: C

844. ----- is the amino acids that if exogenously supplemented is not proven to be safe but become essential in sepsis:

- A. Lysine
- B. Arginine
- C. Tyrosine
- D. Glutamine

ANSWER: D

845. Excess of arginine and ----- increased the requirement for methionine:

- A. Glutamate
- B. Isoleucine
- C. Leucine
- D. Glycine

ANSWER: D

846. Progression and proliferation of tumor can be suppressed due to the presence of ----- and ----- in strawberries:

- A. Ascorbic acid and tangerine
- B. Quecetin and acorbic acid
- C. Quercetin and ellagic acid
- D. Ellagic acid and vitamin C

ANSWER: C

847. Two most common isoflavons of soy are ----- and -----:

- A. Daidzine and tangerine
- B. Quercetin and genistein
- C. Daidzein and genistein
- D. Histidine and histamine

ANSWER: C

848. With supplementation of essential amino acid physical strength, ----- and synthesis can be increased in chronic obstructive pulmonary disease:

- A. Platelets
- B. Arteial CO2
- C. Arterial pressure
- D. Arterial PO2

ANSWER: D

849. In order to maintain the synthesis of new protein availability of ----- is considered as the limiting factor:

- A. Non essential amino acids
- B. Essential amino acids
- C. Conditionally essential AA

D. NEAA
ANSWER: B

850. All are examples of endopeptidases except-----:

- A. Cystein proteinases
- B. Amino pepetidases
- C. Mettalo proteinases
- D. Trypsin

ANSWER: B

852. By consuming soy protein all these benefits can be achieved except-----:

- A. Reduction in blood pressure
- B. Reduction in blood glucose level
- C. Reduction in cholesterol level
- D. Reduced cancer risks

ANSWER: B

853. A serious neuropsychiatric abnormality caused due to acute or chronic liver injury is known as -----:

- A. Hepatic encephalopathy
- B. Hepatic cachexia
- C. Cardiac cachexia
- D. Hepatic failure

ANSWER: A

854. If a person eats one baked sweet potato he will receive ----- and -----% of RDA for thiamine and calcium respectively:

- A. 120 and 142
- B. 6 and 8
- C. 8 and 6
- D. 10 and 6

ANSWER: C

855. Index of nitrogen loss from the body is excretion of -----:

- A. Urea
- B. Glucose
- C. Ammonia
- D. Amino acids

ANSWER: A

856. Nitrogen is lost through the urine, feces and ----- from the body:

- A. Heart
- B. Lungs
- C. Skin
- D. Liver

ANSWER: C

857. Alzheimer's disease can be protected by vitamin E because it possess ----- properties:
- A. Antiviral
 - B. Antioxidant
 - C. Antibacterial
 - D. Anticancer
- ANSWER: B
858. Throughout the day plasma amino acid level varies from -----mg/dl:
- A. 6-8
 - B. 8-4
 - C. 4-8
 - D. 2-8
- ANSWER: C
859. Amino acid pool reestablishes through all the processes except-----:
- A. Endogenous AA synthesis
 - B. Disposal of AA from different metabolic processes
 - C. Dietary protein
 - D. Endogenous protein breakdown
- ANSWER: B
860. ----- is the anabolic fate of amino acid:
- A. Synthesis of urea
 - B. Synthesis of ketone bodies
 - C. Production of ammonia
 - D. Production of C-skeleton (alpha keto acid).
- ANSWER: B
861. All the transamination reactions are reversible conducted by transaminases and require -- -----as co enzyme:
- A. Pyridoxal PO₂
 - B. Pyridoxal PO₄
 - C. NPN
 - D. NH₃
- ANSWER: B
862. Main sites for deamination is mitochondria of kidney and -----:
- A. Liver
 - B. Heart
 - C. Muscle
 - D. Brain
- ANSWER: A
863. In lumen by the action of bacterial urease urea is converted into -----:

- A. Ammonia
- B. Nitrogen
- C. Creatinine
- D. Keto acid

ANSWER: A

864. All the foods that are obtained from animal sources provide high quality protein except---
-----:

- A. Eggs
- B. Gelatin
- C. Meat
- D. Fish

ANSWER: B

865. The animal protein is ----- percent digestible:

- A. 70-90
- B. 90-99
- C. 80-90
- D. 70-80

ANSWER: B

866. ----- is the essential amino acid provided in less than the amount needed to support health:

- A. Limiting amino acid
- B. Branch chain amino acid
- C. Conditionally essential amino acid
- D. Reference amino acid

ANSWER: A

867. A specific interaction in which requirement of essential amino acid not necessarily first limiting amino acid is enhanced by adding amino acid which have structural similarity is known as-----:

- A. Imbalance
- B. Antagonism
- C. Toxicity
- D. Equilibrium

ANSWER: B

868. Excess intake of protein is converted into glucose and fat and also metabolized and oxidized to give -----:

- A. Ammonia
- B. Energy
- C. Urea
- D. Transaminase

ANSWER: B

869. Proteolytic enzymes are produced by small intestine, ----- and -----:
A. Pancreas and stomach
B. Liver and pancreas
C. Stomach and liver
D. Kidney and stomach
ANSWER: A

870. ----- cells of stomach are responsible for secretion of HCl:
A. Parietal
B. Chief
C. Mucous
D. Endocrine
ANSWER: A

871. Intestinal inability to absorb neutral amino acid is known as-----:
A. Hartnup's disease
B. Alzheimer's disease
C. Celiac disease
D. Parkinsons disease
ANSWER: A

872. All are granulocytes except -----:
A. Basophills
B. Eosinophills
C. Lymphocytes
D. Neutrophills
ANSWER: C

873. For the use of cell the available amount of hormone is controlled by a carrier which is a -:
A. Target cells
B. Protein
C. Fats
D. Carbohydrates
ANSWER: B

874. ----- hormones act on the cell from which they are secreted:
A. Parathyroid
B. Paracrine
C. Autocrine
D. Circulating
ANSWER: C

875. Insulin in adipose and liver tissue stimulate the synthesis of -----and ----- respectively:
A. Glucose and triglycerides
B. Glycogen and triglycerides

- C. Triglyceride and glycogen
- D. Triglycerides and proteins

ANSWER: C

876. A kidney is ----- and ----- cm thick and wide respectively:

- A. 6 and 3
- B. 3 and 6
- C. 6 and 12
- D. 12 and 3

ANSWER: B

877. Each kidney contains ----- millions nephrons:

- A. 1.2
- B. 1.25
- C. 2.5
- D. 0.25

ANSWER: A

878. The nephrons's initial filtering component is -----:

- A. Inner medulla
- B. Renal cortex
- C. Renal corpuscle
- D. Ureter

ANSWER: C

879. The innermost layer that is directly placed on the heart is known as-----:

- A. Visceral pericardium
- B. Parietal pericardium
- C. Pericardium
- D. Epicardium

ANSWER: A

880. Within the heart electricity conduction like nerves is done by ----- that is composed of spontaneously contracting cardiac muscle fibers:

- A. Endocardium
- B. Epicardium
- C. Myocardium
- D. Pericardium

ANSWER: C

881. The diameter of afferent arteriole is ----- than efferent arteriole:

- A. lesser
- B. Equal
- C. Smaller
- D. Bigger

ANSWER: D

882. Arterioles are linked with veins through-----:

- A. Junctions
- B. Artery
- C. Valve
- D. Capillaries

ANSWER: D

883. Stimulation of sperm production in testes is the function of -----:

- A. GnRH
- B. TSH
- C. FSH
- D. PRL

ANSWER: C

884. In order to produce the glucocorticoids the cells of adreal cortex are stimulated by-----:

- E. Corticotropin RH
- F. MSH
- G. ACTH
- H. TSH

ANSWER: C

885. ----- protein is responsible for blood clotting:

- A. Ferritin
- B. Albumin
- C. Globulin
- D. Fibrinoen

ANSWER: D

886. In the ----- part of large intestine some minerals and water are reabsorbed back into blood:

- A. Cecum
- B. Colon
- C. Rectum
- D. Duodenum

ANSWER: B

887. The glycoprotein present in mucous is called -----:

- A. Serous
- B. Mucin
- C. Fibrinogen
- D. Elastin

ANSWER: B

889. Function of vasopressin is -----:

- A. Milk ejection

- B. Water reabsorption
- C. Pair bonding
- D. Metabolic stimulation

ANSWER: B

890. Haptocorrin protein binds with vitamin----- in order to carry it safely through stomach acid:

- A. B12
- B. C
- C. B2
- D. B6

ANSWER: A

891. Serous glands produces serous fluid and-----:

- A. Saliva
- B. Salivary amylase
- C. Lingual lipase
- D. Mucous

ANSWER: C

892. A ligament band that attaches the tongue to the floor of the mouth is known as-----:

- A. Frenum
- B. Dentin
- C. Canines
- D. Molar

ANSWER: A

893. Sleep wake cycle is regulated by ----- hormone released by pineal gland:

- A. Prolactin
- B. Oxytocin
- C. Melatonin
- D. Vesopressin

ANSWER: C

894. Within the gut flora of colon some bacteria produces ----- and biotin:

- A. Vitamin B-12
- B. Vitamin K
- C. Enzymes
- D. Hormones

ANSWER: B

895. The region of an enzyme where molecule or substrate binds and undergo a chemical reaction is.....

- A. Loop
- B. Bend
- C. Active site

D. Apoenzyme
ANSWER: C

896. All are regions of renal tubule except-----:
A. Proximal convoluted tube
B. Bowman's capsule
C. Nephron loop
D. Distal convoluted tube
ANSWER: B

897. Loop of henel is also called----- :
A. Collecting duct
B. Nephron loop
C. Renal corpuscle
D. Glomerulous
ANSWER: B

898. Parietal cells in stomach secretes ----- that is essential for the absorption of vitamin B12:
A. Gastric lipase
B. Intrinsic factor
C. Gastric juice
D. HCl
ANSWER: B

899. Detoxification of various metabolites is the function of-----:
A. Liver
B. Kidney
C. Lungs
D. Skin
ANSWER: A

900. Formation of glycogen from glucose is known as -----:
A. Glycogenesis
B. Gluconeogenesis
C. Glycogenolysis
D. Glycolysis
ANSWER: A

901. In bile -----% of water is present:
A. 98
B. 97
C. 1
D. 3
ANSWER: B

902. ----- is both an exocrine and endocrine gland:
- A. Spleen
 - B. Pancreas
 - C. Liver
 - D. Gall bladder
- ANSWER: B
903. ----- cells play a major role in immune response:
- A. T
 - B. B
 - C. Chief
 - D. Parietal
- ANSWER: A
904. Non cellular composition of blood consists of ----- :
- A. WBC
 - B. Plasma
 - C. Platelets
 - D. RBC
- ANSWER: B
905. Average life span of RBC is -----:
- A. 120 weeks
 - B. 120 days
 - C. 120 hours
 - D. 2 months
- ANSWER: B
906. When blood glucose level is low pancreas secretes -----:
- A. Glucagon
 - B. Insulin
 - C. Pancreatic amylase
 - D. Pancreatic lipase
- ANSWER: A
907. The small intestine is subdivided into duodenum, jejunum and -----:
- A. Ilium
 - B. Rectum
 - C. Anus
 - D. Cecum
- ANSWER: A
908. ----- is a pouch marking division between small and large intestine:
- A. Cecum
 - B. Rectum
 - C. Anus

D. Ilium
ANSWER: A

909. Adults can synthesize ----- amino acid but children cannot:

- A. Cysteine
- B. Glycine
- C. Histidine
- D. Valine

ANSWER: C

910. When few amino acids are joined by various peptide linkages these are called-----:

- A. Mono peptide
- B. Oligopeptide
- C. Polypeptide
- D. Dipeptide

ANSWER: B

911. Fluid present in spaces between the cell is known as----- fluid:

- A. Extra cellular
- B. Intracellular
- C. Interstitial
- D. Intravascular

ANSWER: C

912. With two or more polypeptide subunits protein present in space are -----:

- A. Primary structure
- B. Secondary structure
- C. Quaternary structure
- D. Tertiary structure

ANSWER: C

913. Stability of an alpha helix arises primarily from ----- bonds:

- A. Sulphide
- B. Hydrogen
- C. Nitrogen
- D. Peptide

ANSWER: B

914. Molecular memory is known as -----:

- A. Immunity
- B. Antibody
- C. Antigen
- D. Morality

ANSWER: A

915. The life span of skin cell is ----- days:

- A. 3
 - B. 120
 - C. 30
 - D. 90
- ANSWER: C

916. ----- and ----- protein present in muscles which response to nerve impulses by by changing the packing of their molecules:

- A. Actin and myosin
- B. Collagen and fibrin
- C. Ferritin and transferin
- D. Globin and pectin

ANSWER: A

917. ----- are messenger molecules:

- A. Enzymes
- B. Antibody
- C. Hormones
- D. Antigen

ANSWER: C

918. Protein present in hair and nails is -----:

- A. Fibrin
- B. Hemoglobin
- C. Pepsin
- D. Keratin

ANSWER: D

919. ----- cleaves the amino acid from carboxyl ends of polypeptides:

- A. Pepsin
- B. Trypsin
- C. Chymotrypsin
- D. Carboxypetidase

ANSWER: D

920. Depending upon the axial ratio proteins are classified into ----- and fibrous proteins:

- A. Catalytic
- B. Hormonal
- C. Globular
- D. Reulatory

ANSWER: C

921. Globin is soluble in-----:

- A. Water
- B. Conc. salt solution

- C. Dilute salt solution
- D. Conc. Acid solution

ANSWER: C

922. Histone is an example of ----- protein:

- A. Structural
- B. Hormonal
- C. Storage
- D. Genetic

ANSWER: D

923. In sickle cell anemia position of glutamic acid is replaced by -----:

- A. Histidine
- B. Glucose
- C. Selenium
- D. Calcium

ANSWER: B

924. Kwashiorkor is a ----- word meaning the evil spirit that infects the first child when the second child is born:

- A. Italian
- B. Ghanaian
- C. Greek
- D. French

ANSWER: B

925. ----- is the distinguishing feature of kwashiorkor:

- A. Pain
- B. Edema
- C. Muscle wasting
- D. Slowing of metabolism

ANSWER: B

926. In PEM ----- is not synthesized so children become anemic:

- A. Hemoglobin
- B. Fibrin
- C. Pectin
- D. Collagen

ANSWER: A

927. In kwashiorkor mineral ----- remain unbound that causes free radical damage and infections by bacterial growth:

- A. Calcium
- B. Sodium
- C. Iron
- D. Sulfur

ANSWER: C

928. Process of deamination produces ----- that is picked up by liver for conversion into urea:

- A. Ammonia
- B. Nitrogen
- C. Amino acids
- D. Peptides

ANSWER: A

929. Hormone ----- made by tyrosine helps to regulate metabolic rate:

- A. Triiodothyronine
- B. Epinephrine
- C. Thyroxin
- D. Melanin

ANSWER: C

930. Proteins are constantly being made and breaking down this process known as -----:

- A. Deamination
- B. Protein turnover
- C. Amino acid pool
- D. Protein digestion

ANSWER: B

931. The light sensitive pigments in the cells of retina are molecules of protein-----:

- A. Albumin
- B. Globin
- C. Opsin
- D. Collagen

Answer: C

932). HCl is neutralized by bicarbonate ions secreted by pancreas in response to stimulation by -----:

- A. Gastrin
- B. Secretin
- C. Epinephrine
- D. Norepinephrine

Answer: B

933). Protein ----- present in milk:

- A. Gliadin
- B. Casein
- C. Pectin
- D. Actin

Answer: B

934). During maturation of protein ----- modifications may add a new chemical group or remove it transiently:

- A. Post translational
- B. Post transcriptional
- C. Post parandial
- D. Pre translational

Answer: A

935). Transferrin carry -----:

- A. Iron
- B. Oxygen
- C. Copper
- D. Ammonia

Answer: A

936). ----- is the nutritional deficiency that impairs protein maturation:

- A. Beri beri
- B. Scurvy
- C. PEM
- D. Marasmus

Answer: B

937). ----- is a section of protein structure that perform a particular chemical or physical task:

- A. Loops
- B. Domain
- C. Bends
- D. Dimensions

Answer: B

938). ----- contain two copies of same polypeptide chain:

- A. Homodimers
- B. Heterodimers
- C. Dimers
- D. Oligomers

Answer: A

939). ----- kCal is provided by 1 g of proteins:

- A. 24
- B. 4
- C. 8
- D. 10

Answer: B

940). ----- act as biological catalyst:

- A. Hormones

- B. Enzymes
- C. Minerals
- D. Molecules

Answer: B

941). Ligaments and arteries formed by ----- protein:

- A. Elastin
- B. Collagen
- C. Hemoglobin
- D. Immunoglobulins

Answer: A

942). Some amino acid side groups carry electrical charges that are attracted to water molecules are called -----:

- A. Hydrophilic
- B. Hydrophobic
- C. Hydrolysis
- D. Hyperactive

Answer: A

943). Extremes of alkalosis and acidosis lead to coma and-----:

- A. Death
- B. Diabetes
- C. CVD
- D. Muscle wasting

Answer: A

944). A person begins to feel full when the hormone----- increases:

- A. Gastrin
- B. Secretin
- C. Cholecystokinin
- D. Insulin

Answer: C

945). Satiety tells us about -----:

- A. Start eating
- B. Stop eating
- C. Not eating again
- D. Hunger

Answer: B

946). One of three energy yielding nutrients ----- is considered most satiating:

- A. Carbohydrates
- B. Fats
- C. Proteins
- D. Calcium

Answer: C

947). ----- has weak effect on satiation:

- A. Carbohydrates
- B. Proteins
- C. Fats
- D. Vitamin K

Answer: C

948). A chemical named ----- decreases energy expenditure, initiates eating, causes carbohydrates cravings and fat storage:

- A. Nor epinephrine
- B. Neuropeptide Y
- C. Neuropeptide X
- D. Epinephrine

Answer: B

949). ----- is known as power house of cell:

- A. Mitochondria
- B. Cytoplasm
- C. Golgi apparatus
- D. DNA

Answer: A

950). A person can feel satisfied by eating large portion size of high protein and ----- foods:

- A. Low fiber
- B. Low fat
- C. High fiber
- D. High fat

Answer: C

951). The extent to which food produces satiation and sustains satiety depends on -----
- composition of food:

- A. Nutrient
- B. Physical
- C. Chemical
- D. Energy

Answer: A

952). ----- is the physiological response to a need for food triggered by chemical messenger origination and action in the brain primarily the hypothalamus:

- A. Satiation
- B. Stress
- C. Hunger
- D. Satiety

Answer: C

953). The ----- receives the signal from control center and produces response which reestablishes homeostatic:

- A. Sensor
- B. Hypothalamus
- C. Control center
- D. Effector

Answer: D

954). ----- pathways bring sensory message to brain:

- A. Efferent
- B. Absorption
- C. Diffusion
- D. Afferent

Answer: D

955). In the condition of hyperglycemia pancreatic beta cells produces ----- to reduce blood glucose level:

- A. Glucagon
- B. Secretin
- C. Insulin
- D. Gastrin

Answer: C

956). The cellular proteins become denatured bringing metabolism to stop and death if the body temperature reaches to ----- degree centigrade:

- A. 50
- B. 35
- C. 45
- D. 30

Answer: C

957). Chronic hypertension can favor the process of ----- which causes the openings of blood vessels to narrow:

- A. Diabetes
- B. Obesity
- C. Renal failure
- D. Atherosclerosis

Answer: D

958). Examples of negative feedback include control of blood pressure and -----:

- A. Hunger
- B. Temperature
- C. Childbirth
- D. Fever

Answer: B

959). During the childbirth production and release of ----- increases the strength of uterine contractions:

- A. Cortisol
- B. Oxytocin
- C. Insulin
- D. Epinephrine

Answer: B

960). During hyperthermia heat receptors in the skin act as -----:

- A. Control center
- B. Sensor
- C. Effectors
- D. Effect

Answer: B

961). ----- fats are crucial for normal body functioning:

- A. Essential
- B. Non essential
- C. Trans
- D. Bad

Answer: A

962). ----- is known as control center of cell:

- A. Golgi apparatus
- B. Ribosome
- C. Nucleus
- D. Cell wall

Answer: C

963). ----- is used of digesting of food or cellular invaders:

- A. Lysosomes
- B. Ribosomes
- C. mRNA
- D. DNA

Answer: A

964). Most enzymes are three dimensional----- proteins:

- A. Fibrous
- B. Keratin
- C. Globular
- D. Dimer

Answer: C

965). ----- are known as biological catalyst:

- A. Hormones
- B. Enzymes
- C. Molecules
- D. Atoms

Answer: B

966). The region that binds with substrate, cofactors and prosthetic group is known as -----
----- of an enzyme:

- A. Loop
- B. Bend
- C. Active site
- D. Apoenzyme

Answer: C

967). ----- is able to change the shape of a cell in a flash:

- A. Cytoplasm
- B. Cytoskeleton
- C. Rough ER
- D. Smooth ER

Answer: B

968). ----- enzymes are synthesized and retained in the cell for the use of cell itself:

- A. Extracellular
- B. Intracellular
- C. Interstitial
- D. Intravascular

Answer: B

969). Enzymes are sensitive to change in pH, ----- and substrate concentration:

- A. Acidity
- B. Temperature
- C. Alkalinity
- D. Active site

Answer: B

970). Lactose is converted into galactose and glucose by the action of enzyme-----:

- A. Lactase
- B. Cellulase
- C. Lipase
- D. Maltase

Answer: A

971). Human body is composed of with ----- % water:

- A. 60
- B. 50
- C. 40

D. 20
Answer: A

972). ----- system exchange the gases between the atmospheric air and blood:

- A. Cardiovascular
- B. Respiratory
- C. Gastrointestinal
- D. Endocrine

Answer: B

973). Gastrointestinal system absorbs ----- and removes wastes from the body:

- A. Gases
- B. Nutrients
- C. By products
- D. Enzymes

Answer: B

974). Production of heat to maintain the body temperature as well as body movements are done by-----:

- A. Muscles
- B. Blood
- C. Water
- D. Skin

Answer: A

975). ----- feedback is more common in body than positive feedback:

- A. Alternative
- B. Negative
- C. Neutral
- D. Direct

Answer: B

976). Action potential and release of calcium from SR is done through -----:

- A. Negative feedback
- B. Positive feedback
- C. Direct feedback
- D. Indirect feedback

Answer: B

977). Control center of the cell is -----:

- A. Nucleus
- B. ER
- C. Cell wall
- D. Membrane

Answer: A

978). ----- refers to the sensations of hunger satiation and satiety that prompts a person to eat or not to eat:

- A. Appetite
- B. BMI
- C. BMR
- D. Feeling of fullness

Answer: A

979). The generation of heat is known as-----:

- A. Thermogenesis
- B. Temperature
- C. Thermoregulation
- D. Thermometer

Answer: A

980). Due to low consumption of protein older protein may develop edema, and become -----
--- and are more prone towards infections:

- A. Diabetic
- B. Cardiac patients
- C. Anemic
- D. Hepatic patients

Answer: C

981). Adequate intake of omega-3 helps to in improving all functions except -----
in older adults:

- A. Visual acuity
- B. Wound healing
- C. Improper digestion
- D. Mental depression

Answer: B

982). Level of vitamin ----- is found to be low in people having Parkinson's disease:

- A. D
- B. C
- C. A
- D. B2

Answer: A

983). Cognition in infants is affected by all factors except -----:

- A. Stimulation of social and emotional growth
- B. Physical activity
- C. Genetics
- D. Adequate energy and protein

Answer: B

984). During, 2nd and 1st trimester of pregnancy rate of BMR increases ----- and -----
--% respectively:

- A. 5 and 12
- B. 12 and 5
- C. 15 and 2
- D. 10 and 11

Answer: B

985). In order to meet the increased demands of pregnancy absorption of ----- and -----
- minerals are enhanced during later trimester:

- A. Ca and iron
- B. Ca and sodium
- C. Mg and ca
- D. P and iron

Answer: A

986). In pregnant female plasma proteins, blood constituents and ----- become lower
due to increased blood volume:

- A. Hemoglobin
- B. Myoglobin
- C. Keratin
- D. Actin

Answer: A

987). Requirement of protein for pregnant women is ----- g/kg body weight:

- A. 25
- B. 1.1
- C. 0.8
- D. 1.5

Answer: B

988). Premenopausal women need ----- mg of iron per day:

- A. 14
- B. 17
- C. 18
- D. 15

Answer: C

989). Hydration can reduce -----:

- A. Constipation
- B. Hepatic and edema
- C. Diabetic neuropathy
- D. CVD

Answer: A

990). Easy movements of joints and connective tissues are maintained by -----:

- A. Calcium
- B. Sodium
- C. Juices
- D. Water

Answer: D

991). In female having weight rate of weight gain after the first trimester of pregnancy should be----- kg per week:

- A. 0.4
- B. 0.3
- C. 0.5
- D. 0.2

Answer: A

992). The disorder in which a person has an obsessive behavior towards healthy eating is known as -----:

- A. Anorexia nervosa
- B. AFRID
- C. Orthorexia
- D. Bulimia nervosa

Answer: C

993). People with ----- disorder eats unusually large amounts of food within a short period of time:

- A. 10-50
- B. 30-70
- C. Anorexia nervosa
- D. Binge eating

Answer: D

994). The elevated levels of homo cystein is a risk factor for cardiovascular diseases which is associated with the deficiency of ----- in older adults:

- A. Niacin
- B. Folic acid
- C. Pyridoxin
- D. Ascorbic acid

Answer: B

995). Pernicious anemia is caused by the deficiency of -----:

- A. Vitamin B2
- B. Vitamin B12
- C. Vitamin B6
- D. Folic acid

Answer: B

996). ----- is additional risk factor for vitamin B6 deficiency during old age:

- A. Liver dysfunction
- B. Atrophic gastritis
- C. Renal dysfunction
- D. Respiratory failure

Answer: A

997). ----- kcal are provided by 100 ml of human milk:

- A. 80
- B. 70
- C. 90
- D. 100

Answer: B

998). Additional ----- kcal are required for a lactating women after 6 months of delivery:

- A. 400
- B. 500
- C. 340
- D. 240

Answer: A

999). The age for start of tertiary circular reaction in infant is ----- months:

- A. 8-12
- B. 4-8
- C. 1-4
- D. 18-24

Answer: A

1000). From 6-12 months of age an infant require-----kcal:

- A. 90
- B. 80
- C. 108
- D. 120

Answer: A