

TELANGANA UNIVERSITY
S.S.R. DEGREE COLLEGE, NIZAMABAD (C.C:5029)
I-SEMESTER INTERNAL ASSESSMENT-I EXAMINATIONS
NUTRITION QUESTION BANK
SUBJECT: INTRODUCTION TO FOODS

1. Wheat and rice are called cereal crops
2. Seed drill is a device that helps in sowing seeds in the crop field
3. Cereals and millets are rich in carbohydrates
4. Proteins are present in pulses
5. Take more dictory fiber and water to prevent constipation
6. Rickets is caused by the deficiency of vitamin-D
7. Finger millet are Ragi
8. Millets crop belong to poaceae family
9. Sorghym crop mostly grown in rabi
10. Moong and masur are pulses
11. The green revolution led to the increased production of food grains in india
12. India is the largest produce of tea in the world
13. Rice is a kharik crop
14. Wheat is a rabi crop
15. Kerala is the largest producer of spices
16. Food grains and pulses are main source of the plants
17. We get oil from mustard plants
18. Vitamins are essential for our body growth
19. Wool are provide by sheep
20. Amylases in saliva begin the break down of carbohydrates into diaccharide
21. The food group is our bodys best source of energy Breads and cereals
22. Lathyrogens found in Legumes plants
23. The endosperm of cereals is surrounded by aleurone
24. Lathyrogens are present in chickpeas
25. Dates are good source of Iron
26. Carotenoids are lipid soluble colour
27. Fermented products enhance the available of vitamins
28. Study about of fruits is coated pomology
29. The edible fleshy part of mango is called mesocorp
30. Development of fruits without fertilization is called parthenocorpy
31. The water of coconut is liquid endosperm
32. The fruit of rice and wheat is called caryopsis
33. Tomato fruit is an edible berry
34. The enthymatic browning is due to the oxidation of phenols is orthoquinones
35. Phosphatase test is used in the analysis of milk
36. The preservation technique using radiation is also known as cold starilization
37. The process gelationised starch gets converted liquid to get is called as Retrogradatis
38. Pectic substance are a group name for the derivatives of carbohydrate
39. Fruits contain 75 to 90 percent water
40. Green leafy vegetables are good sources of vitamin and minerals

1. Polyphenols

Ans: Polyphenols confer on fruits, vegetables and other plant foods quantities both desirable and undesirable and are significantly absent in animal foods

2. Vegetables

Ans: Vegetable are plants or parts of plants that are used as food

3. Enzymes

Ans: Enzymes are found in plant cells they function as catalysts in chemical reactions

4. Blanching

Ans: This is done to destroy micro organisms denatyre enzymes to remove the skin easily and to improve the colour

5. Fruits

Ans: Fruits are produced from flowers and they are the ripened ovary or ovaries of a plant together with adjacent tissues

6. Millets

Ans: These are hardy plants capable of growing in areas where there is low rainfall and poor irrigation facilities

7. Jowar

Ans: Jowar or sorghum millets is grown in Maharashtra, Karnataka, madhyapradesh, Andhrapradesh, Gujarat it is used as roti or bhakri

8. Pulses

Ans: Pulses are edible fruits or seeds of pod bearing plants belonging to the family of the leguminous

9. Lathyrism

Ans: Lathyrism is a nervous disease that cripples man. This is entirely preventable. The disease now known to result from an excessive consumption of the pulse *Cathyrus sativus*

10. Favism

Ans: Favism is a disease characterized by haemolytic anaemia that occurs when individuals who are deficient in glucose – 6 –phosphote dehydrogenase consume faba beans or broad beans