



15. Which of the following statements about jaggery is TRUE? ( B )
  - a) Jaggery has no nutritional difference from sugar
  - b) Jaggery contains molasses, giving it minerals and color
  - c) Jaggery is 100% sucrose without impurities
  - d) Jaggery increases energy slowly compared to sugar
16. Breakfast cereals are mainly prepared from: ( C )
  - a) Pulses
  - b) Oil seeds
  - c) Grains like wheat, corn, oats, rice
  - d) Fruits
17. Which of the following is a common processing method for breakfast cereals? ( B )
  - a) Fermentation
  - b) Extrusion and flaking
  - c) Germination only
  - d) Smoking
18. Cornflakes are made from: ( B )
  - a) Wheat
  - b) Maize (corn)
  - c) Rice
  - d) Oats
19. Oats are rich in a soluble fiber known as: ( C )
  - a) Pectin
  - b) Cellulose
  - c) Beta-glucan
  - d) Lignin
20. Which vitamin is often added to fortified breakfast cereals? ( D )
  - a) Vitamin C
  - b) Vitamin B-complex
  - c) Vitamin D
  - d) Both b and c
21. Muesli is a type of breakfast cereal made from: ( A )
  - a) Oats, nuts, dried fruits
  - b) Only corn
  - c) Rice flakes only
  - d) Wheat bran only
22. Which of the following breakfast cereals is considered "ready-to-eat"? ( B )
  - a) Raw oats
  - b) Puffed rice, cornflakes
  - c) Wheat grain
  - d) Barley
23. The main carbohydrate present in breakfast cereals is: ( C )
  - a) Glucose
  - b) Sucrose
  - c) Starch
  - d) Fructose
24. Which breakfast cereal is traditionally used in making porridge? ( B )
  - a) Rice flakes
  - b) Oats
  - c) Cornflakes
  - d) Barley malt
25. Excessive consumption of sugar-coated breakfast cereals may lead to: ( A )
  - a) Diabetes and dental problems
  - b) Stronger bones
  - c) Weight loss
  - d) Improved eyesight

## II. Fill in the Blanks

1. Pulses are a rich source of Protein.
2. The most commonly consumed legume in India is Chickpea (Bengal gram).
3. Soybean is rich in Oil (fat) besides protein.
4. Pulses belong to the plant family Leguminosae (Fabaceae).
5. Sprouting of pulses increases the content of Vitamin C.
6. The main carbohydrate present in pulses is Starch.
7. Deficiency of pulses in the diet can cause Protein-energy malnutrition.
8. Red gram is also called Pigeon pea (Tur/Arhar dal).
9. Groundnut, though a legume, is classified as an Oilseed crop.
10. Pulses are poor in the essential amino acid Methionine.
11. The pulse rich in lysine but deficient in methionine is Lentil.
12. Consumption of raw or inadequately cooked pulses may cause Indigestion / Flatulence due to antinutritional factors.

13. Pulses help in maintaining soil fertility by fixing Nitrogen.
14. Groundnut is also known as Peanut.
15. Nuts and oilseeds are rich sources of Fats (oils).
16. Sesame seeds are a rich source of the mineral Calcium.
17. Almonds and walnuts are good sources of Vitamin E.
18. Mustard and sunflower are examples of Oilseed crops.
19. Flaxseeds are rich in Omega-3 fatty acids.
20. Fats are the most concentrated source of Energy in the diet.
21. One gram of fat provides 9 kilocalories.
22. Oils obtained from plant sources are generally rich in Unsaturated fatty acids.
23. Hydrogenation of oils leads to the formation of Trans fats.
24. Oilseeds like mustard and groundnut are mainly used for extraction of Edible oil.
25. Essential fatty acids present in oilseeds include Linoleic acid and Linolenic acid.

### **III. Descriptive questions.**

1. Define food nutrition and nutrients .Explain food groups based on their functions.
2. Describe the types of sugars and the stages of sugar cookery.
3. what is rancidity of oils? Explain its types and methods of prevention.
4. Explain the composition nutritive value and nutrient losses of pulses and legumes during processing.
5. Write short notes on the food guide pyramid and the importance of a balanced diet.