S.S.R. DEGREE COLLEGE, (AUTONOMOUS) NIZAMABAD (C.C:5029)

I SEMESTER INTERNAL ASSESSMENT-I EXAMINATIONS QUESTION BANK

DEPARTMENT OF NUTRITION

I.	Multiple Choice Questions.						
1.	Which food group is the ma	in source of er	nergy for the bo	dy?	(С)
	a) Fruits	b) Ve	getables				
	c) Cereals and grains	d) Da	iry products				
2.	Which food group is rich in p	protein for boo	dy growth and r	epair?	(Α)
	a) Meat, fish, eggs	b) Fru	uits				
	c) Fats and oils	d) Sugars					
3.	Which of the following is a g	good source of	calcium?		(Α)
	a) Milk and cheese	b) Ric	e and wheat				
	c) Oranges	d) Sp	inach				
4.	Which food group mainly pr	ovides vitamir	ns and minerals	?	(Α)
	a) Fruits and vegetables	b) Me	eat and fish				
	c) Fats and oils	d) Cereals					
5.	Which of these foods is rich	in healthy fats	;?		(Α)
	a) Nuts and seeds	b) Rice	c) Bread	d) Carrots			
6.	Which food group helps in b	uilding and re	pairing muscles	?	(Α)
	a) Protein-rich foods	b) Fruits	c) Fats	d) Sugary sna	ıcks		
7.	Which of the following is co	nsidered a boo	ly-building food	l?	(Α)
	a) Eggs	b) Apples	c) Sugar	d) Potato chi	ps		
8.	Which food group should be	e eaten in the s	smallest amoun	t for a healthy diet?			
					(Α)
	a) Sugars and fats	b) Vegetable	s c) Fruit	d) Whole gra	ins		
9.	Which of these is an example	e of a carbohy	drate-rich food	?	(Α)
	a) Rice b) Chicken c) Milk d) Spinach						
10.	Which of the following helps	s in improving	digestion due t	o high fiber content?			
					(Α)
	a) Vegetables	b) protein	c) Butter	d) Meat			
11.	Which food group helps pro	_			(Α)
	a) Fruits and vegetables	•	ts and oils				
	c) Meat and fish d) Sugary foods						
	Which food group is mainly	-			(Α)
	a) Carbohydrates b) Proteins c) Minerals d) Vitamins						
13.	Which of the following is the				(С)
	a) Rice b) Wh		c) Sugarcane	d) Maize			_
14.	Compared to refined sugar,				(В)
	a) Protein	•	and minerals lik	e iron & calcium			
	c) Fats	d) Water					

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: 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: a) Wheat b) Maize (corn) c) Rice d) Oats 19. Oats are rich in a soluble fiber known as: a) Pectin b) Cellulose c) Beta-glucan d) Lignin 20. Which vitamin is often added to fortified breakfast cereals? d) Diadian (C) 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: c) Rice flakes only d) Wheat bran only 22. Which of the following breakfast cereals is considered "ready-to-eat"? 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? a) Rice flakes b) Oats c) Cornflakes d) Barley malt 25. Excessive consumption of sugar-coated breakfast cereals may lead to: a) Diabetes and dental problems b) Stronger bones c) Weight loss d) Improved eyesight 11. 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	15.	Which of the following statements about jaggery is TRUE?	(В)				
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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 _____ 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.