

S.S.R. DEGREE COLLEGE, (AUTONOMOUS)
NIZAMABAD (C.C:5029)
I SEMESTER INTERNAL ASSESSMENT-II EXAMINATIONS
BSC - Nutrition Question Bank

I. Multiple Choice Questions (MCQs)

1. The main pigment responsible for green color in vegetables is

- A) Carotene B) Chlorophyll C) Anthocyanin D) Xanthophyll

✓ Answer: B) Chlorophyll

2. Vitamin C is easily destroyed by

- A) Heat B) Freezing C) Drying D) Blanching

✓ Answer: A) Heat

3. Enzymatic browning mainly occurs due to the presence of

- A) Polyphenol oxidase B) Lipase C) Amylase D) Protease

✓ Answer: A) Polyphenol oxidase

4. Ripening of fruits involves conversion of

- A) Protein to fat B) Starch to sugar C) Sugar to starch D) Fat to protein

✓ Answer: B) Starch to sugar

5. The process of removing moisture to prevent spoilage is called

- A) Sterilization B) Dehydration C) Fermentation D) Pasteurization

✓ Answer: B) Dehydration

6. A preservative used in jams and jellies is

- A) Vinegar B) Sugar C) Salt D) Both B and C

✓ Answer: D) Both B and C

7. The main reason for blanching vegetables before freezing is

- A) Improve flavor B) Stop enzyme activity C) Add color D) Kill microbes

✓ Answer: B) Stop enzyme activity

8. Fruits are rich in

- A) Protein B) Vitamins and minerals C) Fat D) Fiber only

✓ Answer: B) Vitamins and minerals

9. High-temperature preservation method is

- A) Freezing B) Canning C) Drying D) Fermentation

✓ Answer: B) Canning

10. Low-temperature preservation method is

- A) Freezing B) Frying C) Pasteurization D) Sterilization

✓ Answer: A) Freezing

11. The pigment anthocyanin gives fruits a ___ color.

A) Red-purple B) Yellow C) Green D) White

✓ Answer: A) Red-purple

12. Enzymatic browning can be prevented by adding

A) Salt B) Acid like lemon juice C) Water D) Baking soda

✓ Answer: B) Acid like lemon juice

13. Osmotic dehydration uses

A) Salt or sugar solution B) Oil C) Steam D) Air drying

✓ Answer: A) Salt or sugar solution

14. Storage of fruits and vegetables at low temperature helps to

A) Accelerate ripening B) Slow microbial growth C) Increase moisture D) Cause browning

✓ Answer: B) Slow microbial growth

15. Vitamin A is abundant in

A) Green leafy vegetables B) Milk C) Meat D) Cereals

✓ Answer: A) Green leafy vegetables

16. Main protein in milk is

A) Gluten B) Casein C) Myosin D) Albumin

✓ Answer: B) Casein

17. Fermented milk product is

A) Butter B) Curd C) Cream D) Ghee

✓ Answer: B) Curd

18. Egg white is also called

A) Yolk B) Albumen C) Shell D) Chalaza

✓ Answer: B) Albumen

19. Poultry meat is a good source of

A) Carbohydrates B) Protein C) Fiber D) Fat only

✓ Answer: B) Protein

20. The main adulterant in milk is

A) Water B) Sugar C) Salt D) Vinegar

✓ Answer: A) Water

21. Fish is rich in

A) Omega-3 fatty acids B) Vitamin C C) Starch D) Fiber

✓ Answer: A) Omega-3 fatty acids

22. Intentional food adulteration means

A) Done accidentally B) Done purposely for profit C) Natural contamination D) None

✓ Answer: B) Done purposely for profit

23. Incidental adulteration occurs due to

A) Carelessness in storage B) Mixing chemicals C) Dilution D) Addition of color

✓ Answer: A) Carelessness in storage

24. Egg yolk is rich in

A) Carbohydrates B) Fat and cholesterol C) Fiber D) Vitamin C

✓ Answer: B) Fat and cholesterol

25. Pasteurization of milk means

A) Freezing milk B) Heating milk to destroy microbes C) Adding sugar D) Fermenting

✓ Answer: B) Heating milk to destroy microbes

II. FILL IN THE BLANKS (with Answers)

1. ____ is the pigment responsible for green color in vegetables.

✓ Answer: Chlorophyll

2. Vitamin C is destroyed by ____.

✓ Answer: Heat

3. ____ enzyme causes enzymatic browning.

✓ Answer: Polyphenol oxidase

4. Fruits ripen due to the conversion of starch into ____.

✓ Answer: Sugar

5. The process of removing moisture to prevent spoilage is called ____.

✓ Answer: Dehydration

6. ____ is a natural preservative in pickles.

✓ Answer: Salt or oil

7. Blanching stops the activity of ____ in vegetables.

✓ Answer: Enzymes

8. ____ is used to prevent browning in cut fruits.

✓ Answer: Lemon juice (acid)

9. ____ method of preservation uses high temperature.

✓ Answer: Canning

10. ____ temperature slows microbial growth.

✓ Answer: Low

11. The main protein in milk is ____.

✓ Answer: Casein

12. Curd is a ____ milk product.

✓ Answer: Fermented

13. Egg white is known as ____.

✓ Answer: Albumen

14. Poultry is a rich source of ____.

✓ Answer: Protein

15. The yellow part of egg is called ____.

✓ Answer: Yolk

16. Fish contains ____ fatty acids beneficial for health.

✓ Answer: Omega-3

17. Addition of water to milk is an example of ____ adulteration.

✓ Answer: Intentional

18. Accidental contamination of food is called ____ adulteration.

✓ Answer: Incidental

19. Heating milk to kill microorganisms is called ____.

✓ Answer: Pasteurization

20. ____ is added to milk for curd formation.

✓ Answer: Lactic acid bacteria

21. Dehydration reduces ____ content in food.

✓ Answer: Moisture

22. Vegetables are good sources of ____ and ____.

✓ Answer: Vitamins, minerals

23. ____ gives red color to tomatoes.

✓ Answer: Lycopene

24. Preservation helps in preventing ____ and ____.

✓ Answer: Spoilage, waste

25. Food adulteration reduces food ____ and ____.

✓ Answer: Quality, safety

III. Descriptive Questions

1. Mention two losses of nutrients during vegetable cooking.
2. Explain the classification composition and nutritive value of vegetable.
3. what is enzymatic browning?
4. Mention two qualities of a good egg.
5. write about food adulteration – common adulterants in milk and eggs their health hazards .