

SSR DEGREE COLLEGE (AUTONOMOUS) NIZAMABAD
DEPARTMENT OF NUTRITION
UG SEMESTER-I INTERNAL-II QUESTION BANK
PAPER-II SUB:- NUTRITIONAL BIOCHEMISTRY

I. Multiple choice Question

1. The powerhouse of the cell is:

- A. Nucleus
- B. Ribosome
- C. Mitochondria
- D. Lysosome

Answer: C

2. Which cell organelle is responsible for protein synthesis?

- A. Golgi apparatus
- B. Ribosome
- C. Lysosome
- D. Vacuole

Answer: B

3. The liquid part of blood is called:

- A. Serum
- B. Plasma
- C. Lymph
- D. Platelets

Answer: B

4. Normal resting heart rate in adults is approximately:

- A. 40–60 bpm
- B. 60–100 bpm
- C. 100–120 bpm
- D. 120–140 bpm

Answer: B

5. The contraction phase of the heart is called:

- A. Diastole
- B. Systole
- C. Cardiac output
- D. Pulse

Answer: B

6. Blood pressure is measured using:

- A. Thermometer
- B. Sphygmomanometer
- C. Stethoscope

D. ECG

Answer: **B**

7. Which blood cells help in clotting?

A. RBC

B. WBC

C. Platelets

D. Plasma

Answer: **C**

8. Universal donor blood group is:

A. AB+

B. O-

C. A+

D. B-

Answer: **B**

9. The basic functional unit of the nervous system is:

A. Axon

B. Dendrite

C. Neuron

D. Synapse

Answer: **C**

10. Which part of the brain controls balance and posture?

A. Cerebrum

B. Medulla

C. Cerebellum

D. Pons

Answer: **C**

11. Autonomic nervous system controls:

A. Voluntary actions

B. Reflex actions

C. Involuntary actions

D. Conscious thoughts

Answer: **C**

12. The master gland of the endocrine system is:

A. Thyroid

B. Adrenal

C. Pituitary

D. Pancreas

Answer: **C**

13. Insulin is secreted by:

A. Liver

B. Thyroid

C. Pancreas

D. Adrenal

Answer: **C**

14. Hormones are secreted directly into:

- A. Ducts
- B. Blood
- C. Lymph
- D. Cells

Answer: **B**

15. The process of breathing in is called:

- A. Expiration
- B. Respiration
- C. Inspiration
- D. Diffusion

Answer: **C**

16. Gas exchange in lungs occurs in:

- A. Bronchi
- B. Trachea
- C. Alveoli
- D. Diaphragm

Answer: **C**

17. Oxygen is transported in blood mainly by:

- A. Plasma
- B. WBC
- C. Hemoglobin
- D. Platelets

Answer: **C**

18. Carbon dioxide is mostly transported as:

- A. Dissolved gas
- B. Carbaminohemoglobin
- C. Bicarbonate ions
- D. Oxygenated blood

Answer: **C**

19. The longest part of the digestive tract is:

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

Answer: **B**

20. Enzyme pepsin acts on:

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

D. Vitamins

Answer: **C**

21. Bile is produced by:

- A. Pancreas
- B. Gall bladder
- C. Liver
- D. Stomach

Answer: **C**

22. The functional unit of kidney is:

- A. Nephron
- B. Ureter
- C. Glomerulus
- D. Pelvis

Answer: **A**

23. Urine is temporarily stored in:

- A. Kidney
- B. Ureter
- C. Urinary bladder
- D. Urethra

Answer: **C**

24. Removal of nitrogenous waste is called:

- A. Respiration
- B. Excretion
- C. Digestion
- D. Circulation

Answer: **B**

25. Dialysis is related to:

- A. Heart
- B. Lungs
- C. Liver
- D. Kidneys

Answer: **D**

II. Fill in the Blanks

1. The outer boundary of the cell is called the _____.

Answer: Cell membrane

2. RBCs contain the pigment _____.

Answer: Hemoglobin

3. The average cardiac output is about _____ liters per minute.

Answer: 5

4. Blood clotting requires the vitamin _____.

Answer: Vitamin K

5. Blood group is determined by _____ antigens.

Answer: A and B

6. The gap between two neurons is called a _____.

Answer: Synapse

7. Reflex actions are controlled by the _____.

Answer: Spinal cord

8. The nervous system is divided into _____ and peripheral systems.

Answer: Central

9. Thyroxine hormone regulates _____.

Answer: Metabolism

10. Adrenal glands secrete _____ hormone.

Answer: Adrenaline

11. The windpipe is also known as the _____.

Answer: Trachea

12. Diaphragm helps in the process of _____.

Answer: Breathing

13. Exchange of gases occurs by the process of _____.

Answer: Diffusion

14. Carbon dioxide is expelled during _____.

Answer: Expiration

15. Digestion of carbohydrates begins in the _____.

Answer: Mouth

16. Saliva contains the enzyme _____.

Answer: Amylase

17. The pancreas secretes digestive enzymes into the _____.

Answer: Duodenum

18. Absorption of nutrients occurs mainly in the _____.

Answer: Small intestine

19. Kidneys help in maintaining _____ balance.

Answer: Water

20. The main nitrogenous waste in humans is _____.

Answer: Urea

21. Urine formation involves filtration, reabsorption and _____.

Answer: Secretion

22. The urethra carries urine outside the _____.

Answer: Body

23. Platelets are also called _____.

Answer: Thrombocytes

24. WBCs help in _____ against diseases.

Answer: Defense

25. Endocrine glands are _____ glands.

Answer: Ductless

III. Descriptive Questions

1. Describe the Circulatory system- parts and functions of heart, heart rate, cardiac cycle, cardiac output
2. Describe the Nervous system- Classification and functions
3. Write about Hormones- Endocrine glands their secretion and functions
4. Describe the Respiratory system- parts and functions
5. Describe Digestive system parts and functions of GI tract