SSR Degree & PG College Autonomous
Faculty of Science
Department of Nutrition
PG Semester-2, Paper-1
Subject: Principles of Foods
Internal-1 Question Bank

SECTION – A: MULTIPLE CHOICE QUESTIONS

1. Starch gelatinization occurs due to
   a) Water absorption and swelling of granules b) Fat oxidation c) Protein breakdown d) Mineral precipitation → **Ans: a**
2. Gluten is formed by interaction of
   a) Casein and albumin b) Myosin and actin c) Gliadin and glutenin d) Lecithin and cholesterol → **Ans: c**
3. Syneresis refers to
   a) Formation of gel b) Absorption of water c) Breakdown of protein d) Expulsion of water from gel → **Ans: d**
4. Yeast functions mainly as
   a) Leavening agent b) Preservative c) Thickening agent d) Colouring agent → **Ans: a**
5. Retrogradation involves
   a) Gel formation b) Re-association of starch molecules c) Protein denaturation d) Fat hydrolysis → **Ans: b**
6. Decortication removes the
   a) Cotyledon b) Seed coat c) Germ d) Endosperm → **Ans: b**
7. Germination increases
   a) Fat content b) Enzyme activity c) Toxic compounds d) Fiber loss → **Ans: b**
8. Puffing is caused by
   a) Slow heating b) Protein denaturation c) Rapid moisture vaporization d) Mineral loss → **Ans: c**
9. Fermentation of pulses improves
   a) Toxicity b) Digestibility c) Moisture loss d) Fat content → **Ans: b**
10. Casein coagulates mainly due to
    a) Heat only b) Light c) Oxygen d) Acid or enzymes → **Ans: d**
11. Homogenization of milk leads to
    a) Protein synthesis b) Fat globule reduction c) Mineral increase d) Vitamin destruction → **Ans: b**
12. Egg yolk acts as emulsifier because of
    a) Albumin b) Lecithin c) Cholesterol d) Minerals → **Ans: b**
13. Foaming property of egg is due to
    a) Lipids b) Minerals c) Proteins d) Vitamins → **Ans: c**

14. Rigor mortis is caused by
    a) Increase in ATP b) Decrease in ATP c) Increase in oxygen d) Increase in fat → **Ans: b**
15. Ageing of meat improves
    a) Colour b) Tenderness c) Fat content d) Moisture → **Ans: b**
16. White meat is advantageous due to
    a) High fat b) High cholesterol c) Low protein d) Low fat content
    → **Ans: d**
17. Fish spoilage is rapid due to
    a) High fibre b) Low moisture c) High moisture and enzyme activity
    d) Low protein → **Ans: c**
18. Gel formation in starch requires
    a) Water and heat b) Dry heat c) Oxygen d) Minerals → **Ans: a**
19. Acid treatment of milk results in
    a) Sweetening b) Dilution c) Coagulation d) Freezing → **Ans: c**
20. Cooking of meat causes
    a) Protein synthesis b) Collagen breakdown c) Increase in ATP
    d) No change → **Ans: b**

SECTION – B: FILL IN THE BLANKS

1. Starch gelatinization requires **water** and heat.
2. Retrogradation involves **re-association** of starch molecules.
3. Gluten is mainly present in **wheat**.
4. Syneresis is the **release** of liquid from a gel.
5. Yeast produces **carbon dioxide** gas during fermentation.
6. Removal of seed coat is called **decortication**.
7. Germination increases **enzyme** activity.
8. Puffing occurs due to rapid **expansion** of moisture.
9. Casein is the major protein in **milk**.
10. Milk fat is present in the form of **emulsified** globules.
11. Egg yolk contains **lecithin** which acts as emulsifier.
12. Egg white is rich in **protein**.
13. Rigor mortis occurs due to depletion of **ATP (Adenosine Triphosphate)**.
14. Ageing improves meat **tenderness**.
15. Poultry is classified as **white** meat.
16. Fish spoils quickly due to high **moisture** content.
17. Gel formation requires **water** and heat.
18. Fermentation improves **digestibility** of pulses.
19. Acid causes **coagulation** of milk proteins.
20. Cooking softens meat by breaking **collagen**.

SECTION – C: DESCRIPTIVE QUESTIONS

1. Discuss gelatinization, retrogradation, and syneresis with factors affecting them.

2. Describe the processing methods of pulses (soaking, germination, fermentation, roasting, and puffing) and explain their effect on nutritional quality.
3. Explain the composition and nutritional value of milk. Discuss the effect of heat, acid, and processing methods like homogenization on milk.
4. Explain changes occurring during cooking and factors affecting meat quality.