

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

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**SECTION – A: MULTIPLE CHOICE QUESTIONS**

1. Rancidity in fats mainly involves  
a) Protein denaturation   b) Mineral loss   c) Oxidation of fats   d) Starch gelatinization → **Ans: c**
2. Fats act as shortening agents by  
a) Increasing moisture   b) Preventing gluten formation   c) Increasing protein  
d) Enhancing minerals → **Ans: b**
3. Emulsions are systems of  
a) Solid in gas   b) Liquid in liquid   c) Gas in liquid   d) Solid in liquid  
→ **Ans: b**
4. Fat absorption during frying increases with  
a) Low temperature   b) High moisture   c) Thick coating   d) High temperature → **Ans: d**
5. Fat replacers are mainly used to  
a) Reduce calorie intake   b) Increase fat   c) Improve minerals   d) Increase moisture → **Ans: a**
6. Caramelization occurs due to  
a) Cooling   b) Heating of sugar   c) Freezing   d) Fermentation → **Ans: b**
7. Sugar crystallization depends on  
a) Protein content   b) Fat content   c) Temperature and agitation  
d) Vitamins → **Ans: c**
8. Non-crystalline candies have  
a) Grainy texture   b) Smooth texture   c) Hard crystals   d) Dry texture  
→ **Ans: b**
9. Rancidity can be prevented by  
a) Exposure to light   b) Air contact   c) High temperature   d) Use of antioxidants → **Ans: d**
10. Shortening effect of fat produces  
a) Tough texture   b) Elastic dough   c) Soft crumbly texture   d) Sticky texture → **Ans: c**
11. Chlorophyll is a  
a) Water-insoluble pigment   b) Water-soluble pigment   c) Mineral  
d) Enzyme → **Ans: a**
12. Anthocyanins are sensitive to  
a) Light only   b) pH changes   c) Oxygen only   d) Temperature only  
→ **Ans: b**

13. Enzymatic browning is caused by  
 a) Amylase b) Lipase c) Protease d) Polyphenol oxidase → **Ans: d**
14. Ripening involves  
 a) Decrease in sugar b) Increase in starch c) Conversion of starch to sugar  
 d) Loss of enzymes → **Ans: c**
15. Respiration in fruits results in  
 a) Energy production b) Mineral increase c) Fat synthesis d) Protein loss  
 → **Ans: a**
16. Terpenoids contribute to  
 a) Texture b) Colour c) Flavour d) Moisture → **Ans: c**
17. Triangle test is a  
 a) Chemical test b) Sensory difference test c) Microbial test d) Nutritional  
 test → **Ans: b**
18. Hedonic scale is used to measure  
 a) pH b) Viscosity c) Temperature d) Preference → **Ans: d**
19. Objective evaluation assesses  
 a) Taste only b) Smell only c) Physical properties d) Appearance only  
 → **Ans: c**
20. Texture of food is mainly evaluated by  
 a) Sight b) Smell c) Hearing d) Touch → **Ans: d**

#### **SECTION – B: FILL IN THE BLANKS**

1. Fats act as **shortening** agents in bakery products.
2. Emulsions are mixtures of **two immiscible liquids**.
3. Rancidity is caused by **oxidation** of fats.
4. Antioxidants help in preventing **rancidity**.
5. Fat absorption increases with **temperature**.
6. Caramelization occurs due to **heating** of sugar.
7. Sugar crystallization depends on **temperature** and agitation.
8. Smooth candies are **non-crystalline** in nature.
9. Fat replacers help reduce **calories** in foods.
10. Shortening produces **soft** texture.
11. Chlorophyll is a **fat-insoluble (water-insoluble)** pigment.
12. Anthocyanins change colour with **pH**.
13. Enzymatic browning is caused by **polyphenol oxidase**.
14. Ripening converts starch into **sugar**.
15. Respiration produces **energy** in fruits.
16. Terpenoids contribute to **flavour**.
17. Triangle test is a **difference** test.
18. Hedonic scale measures **preference**.
19. Objective tests measure **physical** properties.
20. Texture is assessed by **touch**.

## **SECTION – C: DESCRIPTIVE QUESTIONS**

1. Explain the properties of fats and oils. Discuss emulsions and the role of fat as emulsifying, shortening, and leavening agents.
2. Describe rancidity in fats, its types, mechanism, and methods of prevention. Also explain factors affecting fat absorption and fat replacers.
3. Describe plant pigments and factors affecting them during cooking. Explain enzymatic browning and its prevention along with changes during ripening and respiration.
4. Discuss sensory evaluation methods including difference tests, rating tests, hedonic scaling, and objective evaluation techniques.