

S.NO: 22N1-UCH

Course Code: ECQ1

A.D.M.COLLEGE FOR WOMEN, NAGAPATTINAM

(AUTONOMOUS)

UG Degree Examination – Extra Credit Course

I Semester – November 2022

EC I – FOOD AND NUTRITION I

Time: 3 hours

Maximum Marks: 75

Section –A

50X1.5 =75

Answer ALL the Questions:

1. Water soluble vitamin is
 - a. Vitamin B&A
 - b. Vitamin C
 - c. Vitamin D &E
 - d. Vitamin K & A
2. Which of the following is a rich source of calcium
 - a. Cheese
 - b. eggs
 - c. beef
 - d. bread
3. ----- is known as poor man's meat
 - a. Red gram
 - b. green gram
 - c. egg
 - d. soya beans
4. Energy yielding foods
 - a. Foods rich in fat
 - b. foods rich in vitamins and minerals
 - c. foods rich in carbohydrates and fat
 - d. foods rich in protein
5. Identify the foods that help in protection and regulatory function
 - a. Butter
 - b. legume
 - c. apple
 - d. maize
6. Following are macro minerals except
 - a. Iron
 - b. calcium
 - c. protein
 - d. sodium
7. Identify the minerals that is abundant in our body
 - a. Fluorine
 - b. iodine
 - c. calcium
 - d. selenium

8. Which among the following is a trace element
 - a. Fluorine b. iodine c. calcium d. magnesium
9. Following are water soluble vitamins except
 - a. Vitamin 9 b. Vitamin B12 c. Vitamin B6 d. Vitamin K
10. Which is a body building food?
 - a. Ragi b. Bengal gram c. leafy vegetables d. oats
11. Lysine is deficient in
 - a. Rice and wheat b. maize and corn c. Bengal gram d. tapioca
12. Methionine is deficient in
 - a. Cassava b. pulses c. maize and corn d. rice and wheat
13. All are good sources of vitamin A except
 - a. Pumpkin b. carrot c. mangoes d. oranges
14. Cereals and millets have ----- source of protein
 - a. Moderate b. poor c. rich d. good
15. The biological value of sesame proteins is
 - a. 96 b. 90 c. 62 d. good
16. Identify the food source that has high biological value
 - a. Groundnut b. gingelly seed c. rice d. wheat
17. ----- is the richest source of vitamin C
 - a. Guava b. orange c. lime d. Amla
18. Identify the nuts that has high antioxidant activity
 - a. Almond b. cashew nuts c. walnuts d. groundnuts
19. ----- is the richest source of calcium.
 - a. corriander leaves b. spinach c. fenugreek leaves d. drumstick leaves
20. Which fruit is rich in fat?
 - a. Apple b. sapota c. Avocado d. Kiwi

21. Calories generated per gram of fat is
a. 4 k.cal b. 5.K.cal c. 8 K.cal d. 9 K.cal
22. Basal metabolic rate is increased by all the following except
a. fever b. thyroxine c. starvation d. cold climate
23. Which has the highest calorific value?
a. glucose b. palmitic acid c. albumin d. ethanol
24. One kilo calorie equals ----- KJ
a.4148 b. 4.184 c. 4184 d. 1.148
25. The gross energy value of carbohydrates is ----- K.cal
a. 5.65 b. 9.45 c. 4.10 d. 5.65
26. Decreased BMR is seen in
a. obesity b. hyper thyroidism c. feeding d. exercise
27. The energy content of 10gms of carbohydrates is -----
a. 50 K.cal b. 40 K.cal c. 90 K.cal d. 55 K.cal
28. Bomb calorimeter is used to measure the ----- content of food
a. fat b. protein c. energy d. vitamins
29. BMR is measured in
a. KJ/min b. mJ/d c. both a & b d. mg/min
30. BMR is affected by
a. age b. sex c. physiological health d. All the above
31. Which has no role in calculating calorie requirement?
a. respiratory quotient b. specific dynamic action c. nature of work
32. Higher value of BMI indicates
a. no fat b. low fat c. more fat d. moderate fat

33. The energy requirement of reference women doing heavy work is ----
----- K.cal /d.
a. 3470 b. 2710 c. 2110 d. 2720
34. The calcium requirement of 16-18 years boys and girls is ----- mg/d
a. 800 b. 850 c. 1050 d. 1200
35. The iron requirement for adult women is ----- mg/dl
a. 27 b. 28 c. 29 d. 19
36. The RDA for protein for an adult man is -----g/d
a. 46 b. 50 c. 52 d. 54
37. The folate requirement for a adult man is ----- micro gm/d
a. 250 b. 180 c. 300 d. 480
38. The vitamin D requirement -----
a. increases with age b. decreases with age c. same for all age
d.increases due to physiological change
39. RDA for Vitamin A is maximum during
a. pregnancy b. lactation c. adolescence d.oldage
40. The recommended energy intake for sedentary adult man is -----
K.cal /d.
a. 1810 b. 2010 c. 2110 d.1600
41. Naturally occurring sugars are mostly
a. pentoses b. hexoses c. heptoses d. octoses
42. The building blocks of carbohydrates are
a. monosaccharides b. disaccharides c. polysaccharides
d. oligosaccharides

43. Carbohydrates that can be digested and absorbed in human small intestine is referred to as
a. non carbohydrates b. glycemic carbohydrates c. non glycemic carbohydrates d. All the above
44. Building block of protein is
a. TGA b. peptides c. peptone d. amino acids
45. Arachidonic is a ----- fatty acid.
a. saturated b. unsaturated c. polyunsaturated d. trans
46. Ptyalin is another name for
a. salivary amylase b. pancreatic amylase c. trypsin d. enterokinase
47. Lactase enzyme converts lactose into
a. glucose+ glucose b. glucose+ fructose c. glucose+ galactose d. glucose+maltose
48. Palmitic ,oleic and butyric acid are examples of
a. essential b. non essential c. semi essential d. s none of the above
49. Marasmus is mainly due to the deficiency of
a. protein b. vitamins c. minerals d. carbohydrates
50. Oedema is present in
a. marasmus b. kwashiorkor c. both d. none of the above

PART B

(5X5=25 Marks)

Answer any Five questions out of Eight

51. Define food and classify food with suitable examples.
52. Write the composition of rice and wheat.
53. Explain digestion and absorption of fats.

54. Give the RDA for energy, protein, calcium and vitamin C.
55. Classify proteins giving suitable examples.
- 56 List the functions of carbohydrates and protein.
57. Outline about the nutritive value of fruits.
58. Elaborate on the factors BMR.