

1. Which water-soluble vitamin is found in oranges?
(A) Vitamin A.
(B) Vitamin B.
(C) Vitamin C.
(D) Vitamin D.
2. What is the unit of energy we get from food?
(A) Calorie.
(B) Kg/M².
(C) Pound.
(D) Kg.
3. Which of the followings is caused by Thiamine?
(A) Night blindness.
(B) Pellagra.
(C) Scurvy.
(D) Beriberi.
4. The enzyme Pepsin digests:
(A) Carbohydrate.
(B) Protein.
(C) Fats.
(D) Vitamin.
5. Number of Iron atoms present in one Haemoglobin molecule
(A) 1.
(B) 2.
(C) 3.
(D) 4.
6. Normal pH of blood is:
(A) 4.7.
(B) 5.7.
(C) 6.7.
(D) 7.4.
7. Insufficient quantities of Anti-Diuretic hormone in blood lead to:
(A) Diabetes Mellitus.
(B) Glycosuria.
(C) Diabetes insipidus.
(D) Uraemia.
8. Which part of human brain is concerned with the regulation of temperature?
(A) Medulla oblongata.
(B) Hypothalamus.
(C) Cerebellum.
(D) Cerebrum

9. The agent that tends to produce Cancer is:
(A) Anaplasia.
(B) Carcinoma.
(C) Carcinogen.
(D) Metastasis.
10. Movement of Ions against the concentration gradient is:
(A) Active Transport.
(B) Osmosis.
(C) Diffusion.
(D) All of these.
11. Which of the following is a protein deficiency disease?
(A) Night Blindness.
(B) Cirrhosis.
(C) Eczema.
(D) Kwashiorkor.
12. High intake of which of the followings is advised to prevent constipation?
(A) Fibre.
(B) Meat.
(C) Fish.
(D) All of these.
13. Which of the following favours the absorption of Iron?
(A) Vitamin A.
(B) Vitamin C.
(C) Vitamin D.
(D) Vitamin E.
14. In our body Glycogen is stored in liver and
(A) Muscle
(B) Intestine
(C) Brain
(D) Bone
15. Which cells of stomach are responsible for secretion of HCl?
(A) Parietal cells
(B) Chief cells
(C) Mucous cells
(D) Endocrine Cells
16. Average life span of R B C is
(A) 120 weeks
(B) 120 days
(C) 120 hours
(D) None of these

17. Which of the following proteins is present in milk?
(A) Gliadin
(B) Pectin
(C) Actin
(D) Casein
18. Pernicious anaemia is due to the deficiency of
(A) Vitamin B 2
(B) Vitamin B12
(C) Vitamin B 6
(D) Iron
19. Deficiency of which of the following vitamins causes slow blood coagulation?
(A) Vitamin B
(B) Vitamin C
(C) Vitamin K
(D) Vitamin D.
20. The power house of the cell is:
(A) Cell membrane.
(B) Nucleus.
(C) Endoplasmic Reticulum.
(D) Mitochondria.
21. A pentose Sugar is:
(A) Glucose.
(B) Erythrose.
(C) Ribulose.
(D) Dihydroxy acetone.
22. The Polysaccharide which is often called Animal Starch:
(A) Glycogen.
(B) Starch.
(C) Inulin.
(D) Dextrin.
23. Sulphur containing amino acid is:
(A) Methionine.
(B) Leucine.
(C) Valine.
(D) Asparagine.
24. Egg is rich in all of the followings except:
(A) Cholesterol.
(B) Saturated Fatty acid.
(C) Calcium.
(D) Ascorbic acid.

25. Identify the complex carbohydrate that cannot be digested in human body:
- (A) Cellulose.
 - (B) Sugar.
 - (C) Lactose.
 - (D) Starch.
26. The food group from which we get maximum energy of our daily requirement:
- (A) Cereals.
 - (B) Pulses.
 - (C) Milk and milk products.
 - (D) Fats and oils.
27. Pulses are good sources of:
- (A) Carbohydrate.
 - (B) Protein.
 - (C) Fat.
 - (D) Vitamin.
28. Which of the followings is also sometimes referred to as Vitamin H?
- (A) Keratin.
 - (B) Niacin.
 - (C) Biotin.
 - (D) Riboflavin.
29. Which vitamin is needed to prevent a birth defect called Spina Bifida?
- (A) Vitamin A.
 - (B) Vitamin D.
 - (C) Vitamin E.
 - (D) Folate.
30. Goiter, a general term used to describe thyroid enlargement, can occur as a consequence of all the following except:
- (A) Iodine deficiency.
 - (B) Pituitary adenoma.
 - (C) Grave's disease.
 - (D) Excessive intake of endogenous thyroxine.
31. Which of the following has no enzymes?
- (A) Bile.
 - (B) Pancreatic juice.
 - (C) Succus entericus.
 - (D) Gastric juice.
32. What type of anemia will be present in vitamin B12 deficiency?
- (A) Microcytic.
 - (B) Macrocytic.
 - (C) Normocytic.
 - (D) Hyperchromic.

33. Colour of hen's egg yolk depends upon:
(A) Hen's age.
(B) Hen's feather colour.
(C) Hen's diet.
(D) Hen's size.
34. Of the following, one is non fermented food products:
(A) Yogurt.
(B) Cheese.
(C) Whey protein concentrate.
(D) Curd.
35. Golden rice has:
(A) Enhanced beta carotene.
(B) Enhanced calcium.
(C) Enhanced protein.
(D) Enhanced carbohydrate.
36. Green tea is:
(A) Fermented for 2 – 6 hours.
(B) Partially fermented.
(C) Not fermented.
(D) Fermented overnight.
37. Beverages are commonly consumed for:
(A) Food value.
(B) Thirst quenching.
(C) Stimulatory.
(D) All of the above.
38. An example of flower type vegetable is:
(A) Cabbage.
(B) Broccoli.
(C) Knol khol.
(D) Turnip.
39. Khoa is:
(A) Skim milk powder.
(B) Fat part of milk.
(C) Liquid part of milk.
(D) Semisolid obtained from evaporated milk.
40. Foods from the meat, poultry, fish, eggs are important sources of:
(A) Iron.
(B) Fiber.
(C) Beta carotene.
(D) Carbohydrate.

41. How can osteoporosis be prevented?
(A) Eat a low fat diet.
(B) Eat a low protein diet.
(C) Eat high carbohydrate diet.
(D) Get enough calcium and vitamin D.
42. Which is not a vitamin deficiency disease?
(A) Cheilosis.
(B) Scurvy.
(C) Rickets.
(D) Marasmus.
43. This can cause hepatitis:
(A) An improperly functioning immune system.
(B) Alcohol and medicines.
(C) Viruses.
(D) All of these.
44. Which one of the following is another term for type 2 diabetes?
(A) Sugar diabetes.
(B) Insulin diabetes.
(C) Adult-onset diabetes.
(D) Early onset diabetes.
45. Which of these is a source of Trans fat?
(A) Cottage cheese.
(B) Cookies.
(C) Fish muscle.
(D) Whey water.
46. What type of compounds are vitamins?
(A) Organic compounds.
(B) Inorganic compounds.
(C) Living organisms.
(D) None of the above.
47. What is the common name of cholecalciferol?
(A) Vitamin C.
(B) Vitamin B.
(C) Vitamin D.
(D) Vitamin A.
48. Which of the following is the best source for omega-3-fatty acids?
(A) Corn oil.
(B) Wheat products.
(C) Pork.
(D) Sardines.
49. In cases of renal disorder what should take in place of proteins?
(A) Triglycerides.
(B) Essential amino acids.
(C) Glucose-1-4 linkage.
(D) Vitamin K.

50. Which of the following has the best chemical score?
(A) Wheat.
(B) Egg.
(C) Milk.
(D) Pulses.
51. Among the given nutrients milk is a poor source of:
(A) Calcium.
(B) Protein.
(C) Vitamin C.
(D) Fibre.
52. _____ of the department of women and child development was started in 1975 and has emerged as the world's most unique and largest early childhood development programme:
(A) IDD.
(B) VAD.
(C) ICDS.
(D) NNMB.
53. _____ cannot be synthesized by the body and their requirement has to be met through dietary intake:
(A) EAA.
(B) Carotene.
(C) Cysteine.
(D) Alanine.
54. Oleic acids have _____ double bonds present between two carbons of the fatty acid chain:
(A) 2.
(B) 1.
(C) 3.
(D) 4.
55. There is a need to restrict _____ in the diet because of the presence of oliguria oedema and hypertension:
(A) Phosphorous.
(B) Calcium.
(C) Sodium.
(D) Potassium.
56. Fibre helps to reduce the risk of all the following diseases except:
(A) Cancer.
(B) Heart Disease.
(C) Diverticulitis.
(D) Diarrhoea.
57. A symptom common to all liver disease is _____ :
(A) Gall bladder.
(B) Jaundice.
(C) Fever.
(D) Diarrhoea.

58. Which hormone stimulates glycogen breakdown in the liver:
(A) Insulin.
(B) Glucagon.
(C) Leptin.
(D) Thyroid hormone.
59. The disease caused by the deficiency of iodine is:
(A) Anaemia.
(B) Goitre.
(C) Chicken pox.
(D) Swine flu.
60. Products that contain live microorganisms in sufficient numbers to alter intestinal micro flora and promote intestinal microbial balance are known as:
(A) Antibiotics.
(B) Probiotics.
(C) Antioxidant.
(D) Autoxidation.
61. Glycaemic index is due to the increase in the concentration of ___ ?
(A) Glucose.
(B) Galactose.
(C) Mannose.
(D) Sucrose.
62. Cholesterol is:
(A) Protein.
(B) Carbohydrate.
(C) Lipids.
(D) Vitamin.
63. To overcome diabetes, a person can reduce the intake of _____:
(A) Proteins.
(B) Fats.
(C) Carbohydrates.
(D) Vitamin.
64. Thiamine is the following vitamin?
(A) B1.
(B) B2.
(C) B3.
(D) B6.
65. Amylases in saliva begin the breakdown of _____:
(A) Fat.
(B) Carbohydrate.
(C) Protein.
(D) Vitamin.

66. Citrus fruits are an excellent source of ____ vitamin:
(A) A.
(B) C.
(C) E.
(D) K.
67. Glycogen found in:
(A) Animal.
(B) Plant.
(C) Archaea.
(D) Fungus.
68. The end product of TCA is:
(A) Glyceraldehyde.
(B) Pyruvate.
(C) CO₂.
(D) Acetyl CoA.
69. What is the full form TCA in TCA cycle?
(A) Trichloroacetic acid.
(B) Tricyclic antidepressant.
(C) Tricarboxylic acid.
(D) None of them.
70. How many stop codons are?
(A) 1.
(B) 2.
(C) 3.
(D) 4.
71. A substance needed by the body for growth, energy, repair and maintenance is called a:
(A) Nutrient.
(B) Carbohydrate.
(C) Calorie.
(D) Fatty acid.
72. Lipid and protein complex is known as:
(A) Glycolipids.
(B) Phospholipids.
(C) Lipoprotein.
(D) None of them.
73. What is the full form of MUAC?
(A) Mid upper arm circumference.
(B) Mid upper arm circle.
(C) Both of them.
(D) None of them.
74. The process of breaking complex molecules in more simple substances is called:
(A) Ingestion.
(B) Refraction.
(C) Diffraction.
(D) Digestion.

75. The WHO stands for:
(A) Will Health Ordinance.
(B) World Healing Ordinance.
(C) World Health Organization.
(D) World Health Obese.
76. The sources of calcium is:
(A) Rice.
(B) Milk.
(C) Fruits.
(D) None of them.
77. Infantometer is used for measurement of:
(A) Height.
(B) Weight.
(C) MUAC.
(D) None of them.
78. _____ is a biocatalyst:
(A) Enzyme.
(B) Fat.
(C) Carbohydrate.
(D) Fibre.
79. Energy currency of the cell is:
(A) NADH.
(B) FADH₂.
(C) GTP.
(D) ATP.
80. What is the formula of BMI:
(A) Height x Weight.
(B) Height – Weight.
(C) Height/Weight.
(D) Weight/(Height)².
81. Which colour of foods are rich in vitamin A:
(A) Green.
(B) Blue.
(C) White.
(D) Yellow.
82. The number of carbon atoms present in glucose is:
(A) 4.
(B) 5.
(C) 6.
(D) 7.
83. Which one is the largest gland in the Human Body?
(A) Pituitary.
(B) Liver.
(C) Pancreas.
(D) Thyroid.

84. Which among the following cell organelles is essential for cellular respiration?
(A) Endoplasmic Reticulum.
(B) Golgi Body.
(C) Mitochondria.
(D) Lysosomes.
85. For which of the following disease first successful vaccination was developed(it is caused by Variola virus):
(A) Cow pox.
(B) Chicken pox.
(C) Small pox.
(D) Polio.
86. The instrument that measures arterial blood pressure is known as:
(A) Pyknometer.
(B) Hypsometer.
(C) Sphygmoscope.
(D) Sphygmomanometer.
87. A diet high in saturated fats can be linked to which of the following:
(A) Kidney failure.
(B) Bulimia.
(C) Anorexia.
(D) Cardiovascular Disease.
88. Amylase in saliva begin the breakdown of carbohydrates into:
(A) Fatty acid.
(B) Polypeptide.
(C) Amino acids.
(D) Simple sugars.
89. A mineral that the body needs to work properly is:
(A) Calcium.
(B) Silver.
(C) Gold.
(D) Lead.
90. The bread, cereal, rice and pasta group is a good source of:
(A) Carbohydrate.
(B) Vitamin-C.
(C) Protein.
(D) None of them.
91. Which one is an example of a hydrogenated fat?
(A) Butter.
(B) Margarine.
(C) Olive oil.
(D) None of them.

92. Wilson's disease are at a greater risk for health effects from overexposure to?
- (A) Antimony.
 - (B) Copper.
 - (C) Zinc.
 - (D) Gold.
93. Which of the following is/are ketone bodies?
- (A) Acetone.
 - (B) Beta-hydroxybutyrate.
 - (C) Acetoacetate.
 - (D) All of these.
94. Which of the following Biomolecules simply refers to as "Staff of life"?
- (A) Lipids.
 - (B) Protein.
 - (C) Vitamin.
 - (D) Carbohydrate.
95. The protein responsible for spongy structure in bread is:
- (A) Albumin.
 - (B) Zein.
 - (C) Gluten.
 - (D) Glaidin.
96. Among the following animal foods, the fat content is least in:
- (A) Beef.
 - (B) Chicken meat.
 - (C) Pork.
 - (D) Lamb flesh.
97. The deficiency of vitamin C causes:
- (A) Anaemia.
 - (B) Scurvy.
 - (C) Rickets.
 - (D) Xerophthalmia.
98. Chemically speaking, the enzymes are:
- (A) Proteins.
 - (B) Carbohydrates.
 - (C) Vitamins.
 - (D) None of these.
99. The example for the macro nutrients are:
- (A) Carbohydrates.
 - (B) Fats.
 - (C) Proteins.
 - (D) All of these.
100. Islets of Langerhans are related to which of the following?
- (A) Calcitonin.
 - (B) Insulin.
 - (C) Thyroxine.
 - (D) None of these.