Nutrition, Therapeutics and Health

Quiz I

Week 1&2  

Multiple choice questions :

Select the correct answer

1. Any substance eaten or drunk which meets the needs for energy, body building, regulation and protection of the body is

2. Body needs energy to sustain _____________ processes essential for continuing life.
   a. Involuntary  b. Sleep  c. Excretory  d. Reading

3. Building blocks of the body are

4. Concentrated source of energy

5. The part that regulates the flow of food particles in the gastro intestinal tract is

6. After digestion of food the compounds that are absorbed into the lymph rather than the blood are

7. Live microorganisms similar to beneficial microorganisms found in the human gut are called as

8. Recommended dietary allowances for Indians are given by
   a. ICAR  b. ICMR  c. ICSSR  d. CSIR

9. The only nutrient for which no extra allowance is recommended is

10. Carbohydrates are stored in the liver as

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contd.........2
11. The energy provided by 1 gram of carbohydrate in terms of Kcal
   a. 6  b. 8  c. 4  d. 9

12. In adult diet the percentage of calories derived from carbohydrates should be
   a. 20-30  b. 30-50  c. 35-60  d. 45-65

13. The bile acids are bound by ___________ and increase their excretion.
   a. Soluble fibre  b. Insoluble fibre  c. Lipids  d. Proteins

14. A condition in which there is difficulty in emptying the bowels

15. The basic units of protein are
   a. Amino acids  b. Glucose  c. Fatty acids  d. Fructose

16. Mutual supplementation of amino acids is a method of improving the protein
   a. Quantity  b. Bioavailability  c. Quality  d. Digestibility

17. Each gram of fat provides ___________ Kcal of energy
   a. 3  b. 5  c. 7  d. 9

18. The fats which raise the blood cholesterol is

19. A food containing 50 g of carbohydrates, 8 g of protein and 15g of fat would give ________
    calories.
   a. 300  b. 345  c. 367  d. 390

20. The percentage of calories from protein in the human diet
   a. 15-25%  b. 20-30%  c. 20-40%  d. 15-35%

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