

Higher Secondary (Vocational)

CLASS XI

Semester I

Basic Nutrition

Full Marks: 30

Multiple Choice Questions (Choose the correct answer):

1. Which class of carbohydrates cannot be hydrolysed further?

- a) Monosaccharides
- b) Polysaccharides
- c) Disaccharides
- d) Proteoglycan

2. Maltose is a disaccharide of _____

- a) Fructose and lactose
- b) Glucose and glucose
- c) Glucose and galactose
- d) Glucose and lactose

3. Full form of EFA is _____

- a) Efficient Fatty Acid
- b) Essential Fatty Acid
- c) Eicosanoid Fatty Acid
- d) None of the above

4. Full form of BV is _____

- a) Biological Value
- b) Bio value
- c) Body vital
- d) None of the above

5. Which class of carbohydrates is considered as non-sugar?

- a) Monosaccharides
- b) Disaccharides
- c) Polysaccharides
- d) Oligosaccharides

6. Which of the following is an EFA?
- a) Linoleic acid
 - b) Palmitic acid
 - c) Oleic acid
 - d) Stearic acid
7. Which of the following is also known as invert sugar?
- a) Sucrose
 - b) Fructose
 - c) Dextrose
 - d) Glucose
8. Which of the following is a disaccharide?
- a) Sucrose
 - b) Fructose
 - c) Dextrose
 - d) Glucose
9. Pepsin is a _____ digesting enzyme
- a) Fat
 - b) Carbohydrate
 - c) Protein
 - d) Dietary fibre
10. Which of the following is a source of invisible lipids?
- a) Mustard Oil
 - b) Refined Oil
 - c) Vanaspati
 - d) Oilseeds
11. What is the full form of PEM?
- a) Protein Efficiency Malnutrition
 - b) Protein Energy Malnutrition
 - c) Positive Energy Measurement
 - d) None of the above
12. One example of metallo- protein is _____
- a) Haemoglobin
 - b) Immunoglobulin
 - c) T cell
 - d) None of the above
13. Full form of PER is _____
- a) Portion Energy Rate
 - b) Protein Energy Rate

- c) Protein Efficiency Ratio
 - d) None of the above
14. Which of the following is a sulphur containing amino acid?
- a) Lysine
 - b) Alanine
 - c) Phenyl alanine
 - d) Methionine
15. Example of Visible fat is _____
- a) Butter
 - b) Ghee
 - c) Unsalted butter
 - d) All of the above
16. The optimum pH of ptyalin action is ____
- a) 7.0
 - b) 3.7
 - c) 2.5
 - d) 2.1
17. Lactose is a _____
- a) Monosaccharide
 - b) Tetra saccharide
 - c) Polysaccharide
 - d) Disaccharide
18. Succus entericus is essential for _____ digestion
- a) Fat
 - b) Carbohydrate
 - c) Protein
 - d) None of the above
19. Which of the following is not function of protein?
- a) Major energy generation
 - b) Body building
 - c) Disease prevention
 - d) None of the above
20. Which of the following is not a form of PEM
- a) Kwashiorkor
 - b) Marasmus
 - c) Nutritional dwarfing
 - d) None of the above

21. Monkey face is seen in _____
- a) Kwashiorkor
 - b) Marasmus
 - c) Keratomalacia
 - d) None of the above
22. Fructose is a _____
- a) Isomer of glucose
 - b) Epimer of fructose
 - c) Epimer of Glucose
 - d) None of the above
23. Which of the following is a basic amino acid _____ ?
- a) Methionine
 - b) Lysine
 - c) Alanine
 - d) None of the above
24. The RDA of additional protein during pregnancy 3rd trimester is _____g/day
- a) 15
 - b) 22
 - c) 28
 - d) 30
25. Which of the following is not an essential fatty acid?
- a) Linoleic acid
 - b) Linolenic acid
 - c) Oleic acid
 - d) All of the above
26. Galactose is a _____ of glucose
- a) Epimer
 - b) Oligomer
 - c) Isomer
 - d) None of the above
27. Sucrose is a _____
- a) Trisaccharide
 - b) Disaccharide
 - c) Monosaccharide
 - d) Tetrasaccharide
28. Which of the following is not an omega3 fatty acid?
- a) EPA
 - b) DHA
 - c) Linolenic acid
 - d) Linoleic acid

29. The full form of PUFA is _____
- a) Poly Undefined Fatty Actin
 - b) Poly Unsaturated Fatty Acid
 - c) Poly Unrefined Fatty Acid
 - d) None of the above
30. Which of the following is a carbohydrate splitting enzyme?
- a) Ptyalin
 - b) Pepsin
 - c) Lipase
 - d) All of the above

ANSWER KEY

- 1. a) Monosaccharides
- 2. b) Glucose and glucose
- 3. b) Essential Fatty Acid
- 4. a) Biological Value
- 5. c) Polysaccharides
- 6. a) Linoleic acid
- 7. a) Sucrose
- 8. a) Sucrose
- 9. c) Protein
- 10. d) Oilseeds
- 11. b) Protein Energy Malnutrition
- 12. a) Haemoglobin
- 13. c) Protein Efficiency Ratio
- 14. d) Methionine
- 15. d) All of the above
- 16. a) 7.0
- 17. d) Disaccharide
- 18. a) Fat
- 19. a) Major energy generation
- 20. d) None of the above
- 21. a) Kwashiorkor
- 22. a) Isomer of glucose
- 23. b) Lysine
- 24. b) 22
- 25. c) Oleic acid
- 26. a) Epimer
- 27. b) Disaccharide
- 28. d) Linoleic acid
- 29. b) Poly Unsaturated Fatty Acid
- 30. a) Ptyalin

