

Higher Secondary (Vocational)

CLASS XI - Semester I

Dietetics 1

Full Marks: 30

Multiple Choice Questions (Choose the correct answer):

1. Full form of BMR is _____
 - a) Body Mass Ratio
 - b) Basal Mass Rate
 - c) Basal Metabolic Rate
 - d) None of the above

2. Energy is defined as _____
 - a) Ability to do work
 - b) Ability to rest
 - c) Ability to remain inactive
 - d) None of the above

3. SDA is also known as _____
 - a) Special Day Attention
 - b) Thermic effect of food
 - c) Social daily activity
 - d) None of the above

4. Ideal body weight of Indian Reference Woman is ____ kg
 - a) 50
 - b) 65
 - c) 60
 - d) 55

5. The age group of toddlers is _____ years
 - a) 4-6
 - b) 1-3
 - c) 6-12
 - d) 12-18

6. 1 kilocalorie equals to _____ KJ
 - a) 0.239
 - b) 4.184
 - c) 2.39
 - d) 41.84

7. Pregnancy complications include:

- a) Pica
- b) Constipation
- c) Eclampsia
- d) All of the above

8. The proportion of carbohydrate, protein, and fat in a balanced diet ____ % of total calories respectively.

- a) 50-55,10-15, 20-30
- b) 60, 30, 10
- c) 60, 20, 20
- d) None of the above

9. Full form of ARF is

- a) Amylose rich food
- b) Amylase rich food
- c) Active rich food
- d) None of the above

10. RDA of protein for a 5-year aged boy is ____g/day

- a) 16
- b) 20
- c) 22
- d) 14

11. RDA of iron for a 16-year-old adolescent girl is ____mg/day

- a) 35
- b) 32
- c) 40
- d) None of the above

12. Which of the following is not a form of PEM

- a) Kwashiorkor
- b) Marasmus
- c) Nutritional dwarfing
- d) None of the above

13. RDA of Calcium for a lactating mother (0-6months) is ____mg/day

- a) 1200
- b) 800
- c) 1000
- d) 900

14. RDA for iron for pregnant woman is ____mg/day

- a) 23
- b) 27
- c) 29
- d) None of the above

15. Oedema is present in _____

- a) Marasmus
- b) Kwashiorkor
- c) Nutritional dwarfing
- d) Underweight

16. Iodine requirement during pregnancy is _____ mcg/day

- a) 250
- b) 220
- c) 300
- d) 150

17. Calcium requirement of a 7yrs old child is _____ mg/day

- a) 550
- b) 500
- c) 650
- d) 1000

18. School tiffin is also called

- a) School box
- b) Midday meal
- c) Packed lunch
- d) None of the above

19. Which of the following is the RDA of iron for adult man?

- a) 29 mg/d
- b) 27mg/d
- c) 19mg/d
- d) 23mg/d

20. Xerophthalmia in children occurs due to deficiency of:

- a) Vitamin C
- b) Vitamin D
- c) Iron
- d) Vitamin A

21. Which of the following is the reason for increased protein need during pregnancy?

- a) Rapid growth of the foetus
- b) For the placenta
- c) Increase in plasma volume
- d) All of the above

22. Galactagogue food means _____

- a) Food that hinder milk secretion
- b) Food that decreases milk secretion
- c) Food that increases milk secretion
- d) None of the above

23. During pregnancy the thiamine requirements is ____mg/day

- a) 1.6
- b) 1.2
- c) 1.5
- d) 2.0

24. Fore milk is ____

- a) The milk that comes at the end of feed
- b) Colostrum
- c) Preterm milk
- d) The milk that comes at the beginning of a feed

25. The prominent immunoglobulin present in human milk is ____.

- a) IgA
- b) IgD
- c) IgG
- d) IgE

26. The protein content in human milk is _____ g/100ml

- a) 4.3
- b) 1.1
- c) 3.2
- d) 2.5

27. Weaning is started at the age of _____ in an infant:

- a) 4-6 months
- b) 2-3 months
- c) 8 -9 months
- d) 1 year

28. Puberty is also known as ____

- a) infancy
- b) adolescence
- c) preschoolers
- d) toddlers

29. Vitamin A requirement of a 13years old adolescent boy is __mcg/day

- a) 930
- b) 480
- c) 400
- d) 500

30. The RDA of iron for an infant is ____mg/day

- a) 4
- b)3
- c)5
- d)7

Answer Key

1. c) Basal Metabolic Rate
2. a) Ability to do work
3. b) Thermic effect of food
4. d) 55 kg
5. b) 1-3 years
6. b) 4.184KJ
7. d) All of the above
8. a) 50-55,10-15, 20-30
9. b) Amylase Rich food
10. a) 16 g/day
11. b) 32mg/day
12. d) None of the above
13. a) 1200 mg/day
14. b) 27 mg/day
15. b) Kwashiorkor
16. b) 220 mcg/day
17. c) 650 mg/day
18. c) Packed lunch
19. c) 19mg/d
20. d) Vitamin A
21. d) All of the above
22. c) Food that increases milk secretion
23. d) 2.0 mg/day
24. d) The milk that comes at the beginning of a feed
25. a) IgA
26. b) 1.1 g/100ml
27. a) 4-6 months in an infant:
28. b) adolescence
29. a) 930 mcg/day
30. b) 3mg/day