**Ph.D. COMMON ENTRANCE TEST**

**FOOD NUTRITION AND DIETTEICS**

**Roll No:**

**Duration: 60 minutes Maximum Marks: 50**

|  |
| --- |
| **Instructions:**   1. **This entrance test question paper is not to be taken out of the examination hall** 2. **Part B Question paper consists of Section A and Section B** 3. **Section A consists of 25 MCQs carrying 1 Mark each. Put a tick (√) mark against the correct answer in the box given.** 4. **Section B consists of Descriptive questions carrying 5 marks each. Restrict your answer to 500 words. Additional plain sheets have been attached to the question paper to answer Section B** |

**SECTION – A**

**Answer the following by ticking (√) against the correct answer in the box given: 30 X 1 = 30**

1. **Chlorophyll colours provide mineral.** 
   1. Magnesium
   2. Ion
   3. Iodine
   4. Zinc
2. **Osteomalacia is the deficiency disease of \_\_\_\_\_\_\_\_\_\_**
   1. Vitamin B
   2. Vitamin A
   3. Vitamin E
   4. Vitamin K
3. **Which of the following has the highest glycaemic index?**

a) Ice cream

b) Cucumber

c) Bread

d) Dextrose

1. **The percentage of total calories obtained from carbohydrates should be between.**

a) 15-20%

b) 20-35%

c) 50-60%

d) 5-10%

1. **A substance needed by the body for growth, energy, repair and maintenance is called as\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
   1. Nutrient
   2. Carbohydrate
   3. Calorie
   4. Fatty acid
2. **Degenerative diseases are most closely associated with\_\_\_\_\_\_\_\_**
3. Diets deficient in protein.
4. Affluent lifestyles.
5. Heredity.
6. Age
7. **is an example of a hydrogenated fat.**
8. Butter
9. Margarine
10. Olive oil
11. Vegetable Oil
12. Nut Oil

1. **Vitamin made up of thiazol and pyridine moiety is\_\_\_\_\_**
2. Vitamin B1
3. Vitamin B6
4. Vitamin B12
5. Biotin
6. **How many servings of vegetables do we need each day?**
   1. 6-11
   2. 2-3
   3. 3-5
   4. 1-2
7. **Foods from the meat, poultry, fish dry beans, eggs and nuts group are an important source of \_\_\_\_\_\_\_\_\_\_\_\_?**
8. Iron
9. Fiber
10. Beta carotene
11. Calcium
12. **The bread, cereal, rice and pasta group is a good source of ?**
13. Carbohydrate
14. Vitamin c
15. Calcium
16. Vitamin d
17. **This food group is our body’s best source of energy.**
    1. Meat group
    2. Fats, oils and sweets
    3. Breads and cereals
    4. Milk and cheese
18. **About half of your diet should be made up of .**
    1. Grains and vegetables
    2. Fruits and milk
    3. Milk and cheese
    4. Fats and sugars
19. **A diet high in saturated fats can be linked to Find which of the following?**
    1. Kidney failure
    2. Bulimia
    3. Anorexia
    4. Cardiovascular diseases
20. **Selenium is associated with vitamin.**
21. A
22. B
23. E
24. K
25. **Osmotic pressure of the body fluids is maintained by**
    * 1. Calcium
      2. Sodium
      3. Chlorine
      4. Magnesium

1. **Vitamin B-6 is also known as**
   * 1. Niacin
     2. Biotin
     3. Pyridoxine
     4. Folic acid
2. **Cholecalciferol (D-3) main source is \_\_\_\_\_**
   * 1. Plants
     2. Animals
     3. sunlight
     4. None of above

**19. Rich source of vitamin E is**

1. Rice bran
2. Wheat germ
3. Rice flour
4. Wheat bran

**20. Amino acid essential for children is**

* + 1. Alanine
    2. Arginine
    3. Histidine
    4. Cystein

**21. Pernicious anaemia is caused due the deficiency of**

* + 1. Biotin
    2. Protein
    3. Cyanocobalamin
    4. Iron

**22. Vitamin ----------------combines with avidin and become unavailable to the body**

1. Biotin
2. Folic acid
3. Thiamin
4. Niacin

**23. Choose the incorrect statement about BMR out of the following**

a) BMR is directly related to the surface area

b) BMR is inversely proportional to the age

c) BMR is increased in warm climate

d) Males have higher BMR than age matched females

**24. In cases of renal insufficiency, what should take in place of proteins?**

a) Triglycerides

b) Essential Amino Acids

c) Glucose

d) Vitamin K

**25. What is the recommended daily intake of fiber for an adult male?**

a) 10 grams

b) 25 grams

c) 40 grams

d) 30 grams

**26. Which vitamin is essential for the absorption of calcium in the body?**

1. Vitamin A
2. Vitamin D
3. Vitamin C
4. Vitamin E

**27. Which of the following nutrients is a macronutrient?**

1. Iron
2. Zinc
3. Carbohydrates
4. Vitamin B12

**28. What is the primary function of B vitamins in the body?**

1. Bone health
2. Energy metabolism
3. Blood clotting
4. Vision

**29. In which metabolic pathway do ketone bodies play a crucial role?**

1. Glycolysis
2. Pentose phosphate pathway
3. Ketogenesis
4. Citric acid cycle

**30. What is the main role of antioxidants in the body?**

1. Protein synthesis
2. Blood sugar regulation
3. Neutralizing free radicals
4. Calcium absorption

**SECTION – B**

**Answer any four of the following: 6 X 4 = 24**

1. Discuss the mode of action of prebiotics on human health.
2. Mention conditions when type I error occurs.
3. Explain advance methods of food processing and preservation.
4. Describe the importance of nutrition management for athletes.
5. Write a short note on the causes of obesity. What are the nutritional goals in the management of diabetes?
6. Explain the steps to be followed for collecting literature review.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*