

**B.Sc. FOOD SCIENCE & TECHNOLOGY**  
**SECOND SEMESTER**  
**MATERNAL INFANT YOUNG CHILD NUTRITION**  
**MOOCs**  
[USE OMR SHEET]

Duration: 1hr. 30 mins.

Full Marks: 35

*Choose the correct answer from the following:*

*1 × 35 = 35*

1. \_\_\_\_\_ is a state of an insufficient supply of essential nutrients
  - a. Under nutrition
  - b. Less nutrition
  - c. Decreased nutrition
  - d. Insufficient nutrition
2. Foods which help in energy yielding include
  - a. Protein
  - b. Vitamins and minerals
  - c. Carbohydrates and Fats
  - d. All of the above
3. The reference woman in the Indian RDA have been defined as
  - a. Age 10-19 years and weight 30 kg
  - b. Age 19-29 years and weight 40 kg
  - c. Age 20-39 years and weight 50 kg
  - d. Age 50-69 years and weight 60 kg
4. The amount of each nutrient needed by the body is called
  - a. Nutritional requirement
  - b. Recommended nutrition
  - c. Diet
  - d. All of the above
5. \_\_\_\_\_ play a major role in muscle contraction and clotting of blood
  - a. Carbohydrates
  - b. Minerals
  - c. Fats
  - d. Proteins
6. The main objective for assessment of energy requirement is
  - a. Prescription of dietary energy intakes that are compatible with short-term good health
  - b. Prescription of dietary energy intakes that are compatible with long-term good health
  - c. To assess body size and composition
  - d. To assess the level of necessary and desirable physical activity
7. Individual requirements are randomly distributed about the mean requirement for class of individuals in the form of \_\_\_\_\_ curve
  - a. Gaussian
  - b. Sigmoid curve
  - c. K curve
  - d. Survivorship curve
8. \_\_\_\_\_ factors determine dietary intake.
  - a. Age
  - b. Sex
  - c. Physical activity
  - d. All of the above
9. How should older person, pregnant woman have their meals?
  - a. Smaller meals at larger intervals
  - b. Larger meals at short intervals
  - c. Smaller meals at shorter intervals
  - d. Larger meals at large intervals

10. Which of the following factors are affecting nutrient needs of an adult?
  - a. State of health
  - b. Physical activity
  - c. Gender
  - d. All of the above are correct
11. Which of the following is not true regarding body composition changes?
  - a. Body fat percent increases from age 8 to age 20 with rapid rate
  - b. Body fat percent decreases after age 20 with slower rate
  - c. Females have higher body fat percent than males
  - d. Body fat percent increases after 20 with slower rate
12. Carbohydrates are primary source of fuel for which organ?
  - a. Liver
  - b. Stomach
  - c. Brain
  - d. Heart
13. Poor nutrition during pre-early pregnancy leads to formation of
  - a. Small placenta
  - b. Large foetus
  - c. Abortion
  - d. All of the above
14. Neural tube damage in new born is avoided by \_\_\_\_\_ supplements
  - a. Calcium
  - b. Iron
  - c. Folate
  - d. Protein
15. Increase in thyroid function in pregnancy will
  - a. Decrease BMR
  - b. Does not alter BMR
  - c. Fluctuates BMR
  - d. Increase BMR
16. Which of the following conditions can be diagnosed in an infant with 80 mm mid upper arm circumference?
  - a. Severe acute malnutrition
  - b. Diabetes
  - c. Heart diseases
  - d. Moderate malnutrition
17. Which of the following is not correct regarding development milestones of an infant?
 

Premature infants achieve

  - a. developmental milestones later than term infants
  - b. No two infants develop at the same pace
  - c. Term infants achieve milestones later than premature infants
  - d. Reaching a milestone earlier or later do not indicate the health status of later life
18. Growth velocity is maximum for boys between \_\_\_\_\_ and for girls \_\_\_\_\_
  - a. 6-7 years and 5-7 years
  - b. 12-15 years and 1-3 years
  - c. 2-5 years and 0-3 years
  - d. 12-15 years and 10-13 years
19. Recommended dietary allowance of Vitamin A for adolescents of age 13-15 years is
  - a. 400  $\mu\text{g}$
  - b. 500  $\mu\text{g}$
  - c. 600  $\mu\text{g}$
  - d. 200  $\mu\text{g}$
20. What are the hazards or contaminants that can cause unsafe food
  - a. Biological
  - b. Physical
  - c. Chemical
  - d. All
21. Food Safety and Standards Act 2006 become operational in the entire country in
  - a. 2011
  - b. 2012
  - c. 2010
  - d. 2009





c. Protein

d. Magnesium

35. What is the branch of medicine that deals with the health of older population?

a. Pediatrics

b. Geriatrics

c. Dietetics

d. None of the above