

QP CODE: 24900056



Reg No:.....

Name:.....

MAHATMA GANDHI UNIVERSITY, KOTTAYAM

FIRST SEMESTER MGU-UGP (HONOURS)

REGULAR EXAMINATION NOVEMBER 2024

First Semester

Multi-Disciplinary Course - MG1MDCCND100

FOOD AND NUTRITION

(2024 ADMISSION ONWARDS)

Duration: 1 Hours

Maximum Marks: 35

**Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Interest (I),
Appreciation (Ap), and Skill (S)**

*Students should attempt atleast one question from each course outcome to enhance their overall
outcome attainability.*

[Learning Domain][CO No(s)]

Part A

Objective Type Questions.

Answer any 35 questions.

Each question carries 1 mark

- | | | | |
|---|--|-----|-----|
| 1 | The primary function of food is to support theand maintenance of the body | [K] | [1] |
| 2 | Foods rich in protein are calledfoods | [U] | [1] |
| 3 | The major components of a balanced diet include carbohydrates, proteins, fats, vitamins, and water | [K] | [1] |
| 4 | A balanced diet should provide 20-25% of total calories from | [U] | [1] |
| 5 |help in planning balanced diets and to achieve nutrient intake specific to the individual | [U] | [1] |
| 6 | The five food group system was suggested by | [K] | [1] |

7	The base of the food pyramid is composed of, which should be the most consumed food group	[U]	[1]
8	"My Healthy Plate" is a visual guide that helps individuals create, balanced meals.	[U]	[1]
9	RDA stands for	[K]	[1]
10	Vitamin D enhances the absorption of, which is essential for bone health	[K]	[1]
11	The absorption of is inhibited by phytates and oxalates, which are compounds found in some plant foods	[U]	[1]
12	The Indian Reference Woman is defined as an adult female aged 19-39 years, weighing kg	[K]	[1]
13	The EAR is the daily nutrient intake level estimated to meet the requirement of% of healthy individuals in a specific group.	[U]	[1]
14	The term refers to substances that are used to build, repair, and maintain body tissues	[K]	[1]
15	Optimum nutrition is necessary for the normal physical anddevelopment and for high quality of life	[U]	[1]
16	The most common result of over nutrition is, which is characterized by an excess of body fat	[U]	[1]
17are vitamins that can dissolve in fats and oils	[K]	[3]
18vitamins are not stored in the body and should be supplied in our daily diet	[U]	[3]
19	One of the early symptoms of Vitamin A deficiency is difficulty seeing in dim light, a condition known as.....	[U]	[3]
20is known as anti-infective vitamin	[K]	[3]
21is known as the Sun shine Vitamin	[K]	[3]
22	The two primary forms of Vitamin D are Vitamin D2 (Ergocalciferol) and Vitamin D3	[U]	[3]
23	Milk is a poor source of Vitamin	[K]	[3]
24is known as the coagulation vitamin	[K]	[3]
25	Pyridoxine, also known as Vitamin, is essential for amino acid metabolism	[K]	[3]

- | | | | |
|----|--|-----|-----|
| 26 | The citrus fruit is well-known for its high folate content | [K] | [3] |
| 27 | Vitamin B12 is also known as | [K] | [3] |
| 28 | Guava is a good source of | [K] | [3] |
| 29 | Carbohydrates are an example of Nutrient | [K] | [2] |
| 30 | The brain relies almost exclusively onfor energy. | [K] | [2] |
| 31 | Elevation of ketone bodies in blood is..... | [U] | [2] |
| 32 | Total number of essential amino acid is..... | [U] | [2] |
| 33 |proteins have high biological value. | [U] | [2] |
| 34 | Cholesterol is a type of lipid that acts as a precursor for the synthesis of _____ hormones. | [K] | [2] |
| 35 | One of the richest sources of lipids in the diet is _____ | [U] | [2] |
| 36 | Calcium is essential for the formation and maintenance of.....and..... | [U] | [3] |
| 37 | Sodium plays a key role in transmitting _____ across nerves. | [U] | [3] |
| 38 | Excessive intake of sodium can increase the risk of developing _____. | [U] | [3] |
| 39 | Consuming foods rich in _____ can enhance the absorption of non-heme iron. | [K] | [3] |
| 40 | Iodine deficiency can lead to an enlarged thyroid gland, commonly known as _____. | [K] | [3] |

(35 × 1 = 35)

END OF THE QUESTION PAPER
