



Q.5 Which of the given food items is rich in plant proteins?

- a) Cheese                      b) Milk
- c) Legumes                    d) Egg

Q.6 Fats are composed of:

- a) Oxygen, nitrogen and hydrogen
- b) Carbon, sulphur and hydrogen
- c) Carbon, hydrogen and oxygen
- d) Carbon, sulphur and nitrogen

Q.7 Which of the following minerals controls growth and body weight?

- a) Iodine                      b) Calcium
- c) Phosphorous              d) All of the above

Q.8 Which of the following statements is true about proteins?

- a) Proteins are made up of amino acids
- b) Proteins are essential for the development of skin, teeth and bones
- c) Protein is the only nutrient that can build, repair and maintain body tissues.
- d) All of the above

Q.9 Which of the following food components does not provide any nutrients?

- a) Milk                      b) Water
- c) Fruit juice              d) Vegetable soap

Q.10 Potatoes, Cereals, Beans, Pulses and oats are rich in \_\_\_\_\_.

- a) Proteins                      b) Vitamins
- c) Minerals                    d) Carbohydrates

### SECTION-B

**Note:** Objective type questions. All questions are compulsory. (10x1=10)

Q.11 Name three macro chemicals components of food?

Q.12 Which chemical found in food is called a universal solvent?

Q.13 Cheddar is a type of \_\_\_\_\_ belonging to food group \_\_\_\_\_

Q.14 What is kwashiorkor?

Q.15 What is the range of water activity?

Q.16 What is Rickets?

Q.17 Full form of MUFA?

Q.18 Define triglycerides?

Q.19 Name two rich sources of Vitamin C.

Q.20 Full form of PER?

### SECTION-C

**Note:** Short answer type questions. Attempt any twelve questions out of fifteen questions. (12x5=60)

Q.21 What is the scope of food chemistry?

Q.22 What is the balanced diet? Explain.

Q.23 What is the importance and sources of different plant pigments?