Sylhet Women’s Medical College

**Department of Biochemistry**

Card Completion examination on Roll: **………**

““**Foods, Nutrition and Vitamins**”

SWMC-10 **MCQ**

Full Marks: 10 Time: 10 min Date: 05.05.2015

Write ‘**T**’ for correct answer &’ **F**’ for incorrect answer

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| **1. Calorie density**  ……a) Carbohydrates: 4 KC/Kg  ……b) Proteins : 4 KC/Kg  ……c) Fats : 9 KC/Kg  ……d) Alcohol : 7 KC/g.  ……e) Dietary fibers : 4 KC/g  **2. Vitamins that have coenzyme function include:**  ……a) thiamin.  ……b) riboflavin.  ……c) vit. C  ……d) vit A  ……e) vit D.  **3. RDA of vitamins :**  .......a) Vitamin A : 700--1000 µg of Retinol  …... b) Vitamin D: 5--10 µg  ……c) Vitamin C : 50---100 mg  …… d) Folic acid : 0.4 mg  ……e) B-12 : 1-3 µg  **4. Vitamins stored in body:**  …….a) Niacin  …….b) Vit.A  …….c) B-12  …….d) Vit.E  …….e) Vit.D  **5. Active forms of vitamins:**  …….a) Vit.D: Calcitriol  …….b) B-12: Cobalamin  …….c) B-5 : CoA  …….d) B-3 : NAD  …….e) B-2 : TPP | **6. BMI siginifies:**  …….a) Central Obesity  …….b) Generalised obesity  …….c) <18.5 is normal  ……d) 18.5—24.9 is overweight  …….e) >30 is obesity  **7. Zinc is a cofactor for:**  ……..a) Aldolase  ……..b) LDH  ……..c) Succinate dehydrogenase  ……..d) Carbonic anhydrase  ……..e) Superoxide dismutase  **8. Dietary fibers:**  ……..a) Polysaccharides  ……..b) Are absorbed from gut  ……..c) Increase risk of colon cancer  ……..d) Increase absorption of dietary cholesterol  ……..e) Monosaccharide.  **9. Vitamin C:**  …….a) Acts as a antioxidant  …….b) Inhibits absorption of iron  …….c) An Oxidizing agent  …….d) A Reducing agent  …….e) Deficiency causes gum bleeding.  **10. Storage forms of Iron:**  ……..a) Ferritin  ……..b) Transferrin  ……..c) Hemosiderin  ….....d) Apotransferrin  ……. e) Apoferritin |