

Nutritional status is the state of nutrition in the body that is determined by the …........ of nutrients

1. consumption
2. utilization
3. both a and b
4. none of the above

............ are inorganic nutrients present in food.

1. Lipids (Fats)
2. Vitamins
3. Minerals
4. Proteins

 All are Disaccharides except …......

1. Sucrose
2. Fructose
3. Lactose
4. Maltose

1 gram of CHO gives ….... kcals

1. 4
2. 2
3. 9
4. 6

All are true for essential amino acids except …...

1. Cannot be manufactured by the body
2. must be supplied by the diet
3. Dispensable
4. d)both a and b

 ….............. helps in the formation of steroid hormones & bile acids

1. Triglycerides
2. Phospholipids
3. Cholesterol
4. Both a and b

Vitamin D helps regulate the amounts of which other micronutrients?

1. Calcium
2. Phosphate
3. Potassium
4. Options A and B

Which of the following vitamins are antioxidants?

1. Vitamin A
2. Vitamin E
3. Vitamin C
4. All the above

Which of the following is a trace mineral?

1. Calcium
2. Iron
3. Potassium
4. Magnesium

Which of the following is NOT a source of calcium?

1. Nuts
2. Green leafy vegetables
3. Sardines
4. All of the above are sources of calcium

Which of the following is part of the dietary guidelines?

1. Make half your plate from proteins
2. Solid fats should replace oils
3. Switch to low-fat or fat-free milk or dairy
4. Make at least half of your grains refined grains

Which of the following is ***false*** for mandatory information on the food label?

1. Name of the product
2. Name and address of the manufacturer
3. List the ingredients in ascending order of predominance by weight
4. Expiry and manufacturing date

3 grams or less of fat in a serving of a product can be labeled as

1. Less fat
2. Low fat
3. Fat free
4. Reduced calorie

Which of the following is a biological hazard in food safety?

1. Hair
2. Nails
3. Debris
4. Bacteria

The temperature danger zone is between

1. 5°C and 70°C
2. 0°C and 60°C
3. 5°C and 60°C
4. <5°C and >60°C

Which of the following are the causes of obesity?

a. Psychological factors

b. Eating habits

c. Genetic factors

d. All of the above

Extreme sodium restriction refers to restricting sodium to:

a. 2000-3000 mg/day

b. 500-1000 mg/day

c. 1000-2000 mg/day

d. 200-300 mg/day