



**JEPAS(PG)-2020**  
**Subject: Diploma in Dietetics (Dip Diet)**

**Duration: 90 minutes**

**Full Marks: 100**

**Instructions**

1. All questions are of objective type having four answer options for each. Only one option is correct. Correct answer will carry full marks 1. In case of incorrect answer or any combination of more than one answer,  $\frac{1}{4}$  mark will be deducted.
2. Questions must be answered on OMR sheet by darkening the appropriate bubble marked A, B, C, or D.
3. Use only **Black/Blue ball point pen** to mark the answer by complete filling up of the respective bubbles.
4. Mark the answers only in the space provided. Do not make any stray mark on the OMR.
5. Write your roll number carefully in the specified locations of the **OMR**. Also fill appropriate bubbles.
6. Write your name (in block letter), name of the examination centre and put your full signature in appropriate boxes in the OMR.
7. The OMR is liable to become invalid if there is any mistake in filling the correct bubbles for roll number or if there is any discrepancy in the name/ signature of the candidate, name of the examination centre. The OMR may also become invalid due to folding or putting stray marks on it or any damage to it. The consequence of such invalidation due to incorrect marking or careless handling by the candidate will be sole responsibility of candidate.
8. Candidates are not allowed to carry any written or printed material, calculator, docu-pen, log table, wristwatch, any communication device like mobile phones etc. inside the examination hall. Any candidate found with such items will be **reported against** & his/her candidature will be summarily cancelled.
9. Rough work must be done on the question paper itself. Additional blank pages are given in the question paper for rough work.
10. Hand over the OMR to the invigilator before leaving the Examination Hall.



Diploma in Dietetics (Dip Diet)-2020

**1) How many incisor teeth are present in each jaw?**

- a) 2.
- b) 4.
- c) 6.
- d) 8.

**2) The only fat-soluble antioxidant synthesized in the body is:**

- a) Vitamin D.
- b) Thiamine.
- c) Ascorbic acid.
- d) CoQ10.

**3) Which of the followings provide more than double the energy provided by Carbohydrates in human body:**

- a) Vitamins.
- b) Fats.
- c) Minerals.
- d) Protein.

**4) Egg is poor in :**

- a) Protein
- b) Carbohydrate & Vitamin C
- c) Calcium & Iron
- d) Fat

**5) Mean birth weight of Indian babies is:**

- a) 2.5 kg.
- b) 2.8 kg.
- c) 3.1 kg.
- d) 3.5 kg.

**6) Which of the following cannot be a part of vegan diet:**

- a) Vegetables.
- b) Vegetables, fruits and milk.
- c) Nuts.
- d) Vegetables and fruits.

**7) About half of your diet is made up of:**

- a) Grains and vegetables.
- b) Fruits and milk.
- c) Milk and cheese.
- d) Fats and sugars.

**8) Which of the following compounds can be synthesized in humans?**

- a) Riboflavin.
- b) Linoleic acid.
- c) Thiamin.
- d) Niacin.

**9) What is the most common cause of liver disease:**

- a) Genetic.
- b) Alcohol.
- c) Bacteria.
- d) Viruses.

**10) Deficiency of Vitamin B2 causes:**

- a) Beri Beri.
- b) Cheilosis.
- c) Pellagra.
- d) Nyctalopia.

**11) Which of the following is untrue?**

- a) Biological Value of plant sources is more than animal sources.
- b) BV value of egg white is 100 that means almost the entire amount of nitrogen in egg white can be absorbed and used by the body.
- c) Food energy is the amount of energy available from food through respiration.
- d) Fats have the maximum amount of food energy.

**12) Fiber helps to reduce the risk of all the following diseases except:**

- a) Cancer.
- b) Heart disease.
- c) Diverticulitis.
- d) Diarrhea.

**13) By reducing which nutrient can help prevent thirst in renal patient:**

- a) Sugar.
- b) Fiber.
- c) Salt.
- d) Fat.

**14) Salivary amylase initiates the digestion of:**

- a) Carbohydrate.
- b) Protein.
- c) Fat.
- d) Vitamins.

**15) Food from the meat, poultry, fish, dry beans, eggs, and nuts groups are an important source of:**

- a) Iron.
- b) Fiber.
- c) Beta-carotene.
- d) Calcium.

**16) One is more likely to get gout if you have :**

- a) Low blood pressure
- b) Low cholesterol
- c) Diabetes
- d) Low body weight

**17) Deficiency of vitamin A leads to**

- a) Night blindness.
- b) Rickets.
- c) Macrocytic anemia.
- d) Microcytic anemia.

**18) Products that contain live microorganisms in sufficient numbers to alter intestinal microflora and promote intestinal microbial balance are known as:**

- a) Antibiotics.
- b) Probiotics.
- c) Fruits and vegetables.
- d) Digestive enzymes.

**19) Diabetic people need to:**

- a) Increase water intake.
- b) Reduce water intake.
- c) Eliminate any physical activity.
- d) Enhance any physical activity.

**20) Glossitis is due to the deficiency of:**

- a) Niacin.
- b) Thiamin.
- c) Riboflavin.
- d) Vitamin B12.

21) When the food is directly given in vein, it is called:

- a) Parenteral nutrition.
- b) Enteral nutrition.
- c) Intravenous nutrition.
- d) Saline.

22) Vitamin A is:

- a) Retinal.
- b) Retinol.
- c) Tocopherol.
- d) Calciferol.

23) A diet high in saturated fat can be linked to which of the following :

- a) Kidney failure
- b) Bulimia
- c) Anorexia
- d) Cardiovascular disease

24) In ICDS all the followings are included except:

- a) Immunization.
- b) Health Education.
- c) Prevention of Iodine Deficiency Disorders.
- d) Supplementary Nutrition.

25) Which of the following is untrue: proteins are popularly used in food processing industry because?

- a) Water binding capacity.
- b) Oil binding capacity.
- c) Ability to coagulate on heating.
- d) None of the mentioned.

26) Compared with cow's milk , mother's milk has more:

- a) Lactose.
- b) Vitamin D.
- c) Protein.
- d) Fat.

27) Food like pizza, burger and noodles are rich in:

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

28) All of the followings are sources of Calories except:

- a) Protein.
- b) Vitamins.
- c) Fat.
- d) Carbohydrate.

29) How many mg of Tryptophan is needed to synthesise 1 mg of Niacin in our body:

- a) 30.
- b) 40.
- c) 50.
- d) 60.

30) The type of fiber that forms a gel when ingested is known as:

- a) Soluble fiber.
- b) Functional fiber.
- c) Insoluble fiber.
- d) Dietary fiber.

**31) Which protein is not present in Plasma:**

- a) Haemoglobin.
- b) Globulin.
- c) Albumin.
- d) Fibrinogen.

**32)  $\alpha$  (Alpha ) Amylase acts on which linkage:**

- a)  $\alpha$  1-4 Glycosidic.
- b)  $\alpha$  1-6 Glycosidic.
- c)  $\beta$  1-4 Glycosidic.
- d)  $\beta$  1-6 Glycosidic.

**33) Which of the followings is the simplest amino acid:**

- a) Tyrosine.
- b) Alanine.
- c) Glycine.
- d) Asparagine.

**34) Which one is not an example of Fortification ?**

- a) Vitamin A in Vanaspati
- b) Fluoridation of water
- c) Iodization of Salt
- d) Saffron Colour in Milk

**35) Long periods of parenteral nutrition is not required because it :**

- a) Increases the toxicity of blood
- b) Increases the pressure of the kidney
- c) It puts pressure on the heart
- d) It causes the gastrointestinal tract to degenerate

**36) Three of the following minerals and vitamins may be involved in anemia of one type or another – Which one is not?**

- a) Vitamin C.
- b) Calcium.
- c) Vitamin B12.
- d) Iron.

**37) Do animals store food in the form of which of the following?**

- a) Carbohydrate.
- b) Starch.
- c) Glycogen.
- d) Glucose.

**38) Mark the odd man out:**

- a) Gastrin.
- b) Trypsin.
- c) Secretin.
- d) Cholecystokinin.

**39) Amylase on saliva begins the breakdown of carbohydrate into \_\_\_\_\_:**

- a) Fatty acid.
- b) Polypeptides.
- c) Amino acids.
- d) Simple sugars.

**40) Lactose intolerance is**

- a) Seen only in Newborns.
- b) Due to relative deficiency of Lactase.
- c) Does not respond to Lactose free Diet.
- d) Require replacement of Lactose.

**41) Poor source of Iron is :**

- a) Butter
- b) GreenLeafy Vegetables
- c) Jaggery
- d) Meat

**42) Antibodies are:**

- a) Glycoproteins.
- b) Lipoproteins.
- c) Steroids.
- d) Prostaglandins.

**43) Citrus fruits are excellent source of:**

- a) Calcium.
- b) Calories.
- c) Vitamin C.
- d) Vitamin B.

**44) Which of the following is a conjugated protein?**

- a) Phosphoprotein.
- b) Glycoprotein.
- c) Chromoprotein.
- d) All of these.

**45) Which antibody is present in Colostrums:**

- a) Ig-M.
- b) Ig-A.
- c) Ig-D.
- d) Ig-G.

**46) Lysine is:**

- a) Deficient in cereals.
- b) Deficient in pulses.
- c) Mainly glucogenic.
- d) A non essential amino acid.

**47) Most sodium in a typical western diet comes from:**

- a) Processed food.
- b) Salt added to the table.
- c) Salt added in cooking.
- d) None of the above.

**48) Which of these is an example of a hydrogenated fat:**

- a) Butter.
- b) Margarine.
- c) Olive oil.
- d) Mustard oil.

**49) For which of the followings there is no enzyme in the human gut:**

- a) Mustard Oil.
- b) White of egg.
- c) Cane Sugar.
- d) Cellulose.

**50) Which of the following is untrue?**

- a) Gut flora produces Vitamin K and Biotin in the intestine.
- b) Vitamin D is synthesized in the skin.
- c) Humans can produce some vitamins from precursors that they consume.
- d) None of the mentioned.

**51) The autotrophic mode of nutrition requires:**

- a) Carbon dioxide and water.
- b) Chlorophyll.
- c) Sunlight.
- d) All of the above.

**52) The percentage of total calories obtained from carbohydrate should be between:**

- a) 15% - 20%.
- b) 20% - 35%.
- c) 55% - 60%.
- d) 5% - 10%.

**53) Germination of legume enhances the content of:**

- a) Vitamin K.
- b) Vitamin E.
- c) Vitamin C.
- d) Vitamin D.

**54) Which one is preferred to get Vitamin C ?**

- a) Ripe Mango
- b) Rice
- c) Guava
- d) Banana

**55) Phosphoprotein present in milk is:**

- a) Casein.
- b) Fibrinogen.
- c) Gliadin.
- d) Troponin.

**56) Which of the following has the highest glycemic index:**

- a) Ice cream.
- b) Cucumber.
- c) Bread.
- d) Flax seeds.

**57) B-group vitamins generally function as:**

- a) Emulsifiers.
- b) Coenzymes.
- c) Reducing agents.
- d) Antioxidants.

**58) Which of the following Monosaccharide is absorbed with fastest speed:**

- a) Glucose.
- b) Fructose.
- c) Mannose.
- d) Galactose.

**59) What type of anemia will be present in vitamin B12 deficiency?**

- a) Microcytic.
- b) Macrocytic.
- c) Normocytic.
- d) Hypochromic.

**60) Which of the followings is not a Phospholipid:**

- a) Lecithine.
- b) Sphingomyelin.
- c) Cerebroside.
- d) Cephalin.



- 61) Fruits contain fructose which is a primary carbohydrate. These increase the blood sugar level. Why are fruits still recommended to be eaten?**
- a) They have exceptionally low Glycemic Index.
  - b) They have exceptionally highly Glycemic Index.
  - c) They're secondary carbohydrates.
  - d) None of the mentioned.
- 62) Which foods may trigger a gout attack ?**
- a) Sardines and anchovies
  - b) Pulses and rice
  - c) Fruits and vegetables
  - d) Milk and milk products
- 63) Diabetes mellitus occurs due to hypo secretion of:**
- a) Insulin.
  - b) Glucagon.
  - c) Vasopressin.
  - d) A D H.
- 64) Which of the following is untrue?**
- a) Basmati rice has gained international recognition.
  - b) Dairy industry of India is the largest in the world.
  - c) Blue revolution is about more seafood production.
  - d) White revolution is about more rice production.
- 65) Which of the following is highly prevalent global nutritional problems?**
- a) Vitamin A deficiency
  - b) Undernutrition
  - c) Obesity
  - d) All the above
- 66) Protein Synthesis take place in:**
- a) Ribosome.
  - b) Nucleus.
  - c) Golgi Bodies.
  - d) Endoplasmic reticulum.
- 67) Which of the following sentences is correct?**
- a) Animal sources are high quality proteins.
  - b) Animal sources are low quality proteins.
  - c) Plant sources are high quality proteins.
  - d) None of the mentioned.
- 68) The best parameter for assessment of Acute Malnutrition is:**
- a) Weight for age.
  - b) Weight for height.
  - c) Height for age.
  - d) Any of the above.
- 69) In the Community Anaemia is mainly due to the dietary deficiency of:**
- a) Sodium.
  - b) Potassium.
  - c) Iron.
  - d) Calcium.
- 70) Why is insulin important for your body to use blood sugar:**
- a) It helps blood sugar enter your cells.
  - b) It lowers blood pressure.
  - c) It raises cholesterol levels.
  - d) It helps your sucrose normal.

**71) What are the implications of restricting dairy food on health outcome with lactose intolerance?**

- a) Low calcium intake, poor bone health
- b) Weight loss
- c) Retarded growth
- d) None of the above

**72) Which of the following has the best chemical score:**

- a) Wheat.
- b) Egg.
- c) Milk.
- d) Pulses.

**73) During an experiment on photosynthesis, what is the role of KOH?**

- a) Absorption of any carbon dioxide.
- b) Supplying carbon dioxide for photosynthesis.
- c) Supplying water vapour for photosynthesis.
- d) Removal of any oxygen.

**74) For a person suffering from problems like slow neural transmission, they should be given :**

- a) Calcium
- b) Magnesium
- c) Iron
- d) Potassium

**75) Which of the foods below should you avoid when constipated:**

- a) Cheese and ice-cream.
- b) Potato chips and frozen meals.
- c) Hamburgers and hot dogs.
- d) All of the above.

**76) Which of the following is considered a complete protein food:**

- a) Almond.
- b) Horse gram.
- c) Soy bean.
- d) French bean.

**77) Diabetics are at increased risk of heart disease if they also**

- a) Smoke.
- b) Have high hdl cholesterol.
- c) Take aspirin.
- d) Consume high fiber diet.

**78) Which of the following substances enter a plant tissue through stomata?**

- a) Water.
- b) Nitrate.
- c) Iron.
- d) Carbon dioxide.

**79) All of the following are nutrients except:**

- a) Plasma.
- b) Protein.
- c) Carbohydrate.
- d) Vitamins.

**80) Phenylketonuria is:**

- a) An eating disorder.
- b) A rare inherited disorder.
- c) Caused by an accident.
- d) All of the above.

81) Which food may protect against gout:

- a) Shrimp.
- b) Bacon.
- c) Cheese.
- d) Beer.

82) Excessive Body weight due to overnutrition leads to:

- a) Rickets.
- b) Marasmus.
- c) Kwashiorkor.
- d) Obesity.

83) Among the followings the highest percentage of Poly Unsaturated fatty acids are present in :

- a) Coconut oil
- b) Soyabean Oil
- c) Margarine
- d) Butter

84) A \_\_\_\_\_ diet plays an important role in the treatment of diabetes:

- a) Balanced.
- b) Adequate.
- c) Therapeutic.
- d) Optimum.

85) Which of these is added to the food label because people sometimes do not enough of it:

- a) Fat.
- b) Calcium.
- c) Sodium.
- d) Cholesterol.

86) A person who has had a renal transplant should regulate the intake of :

- a) Carbohydrate
- b) Protein
- c) Fat
- d) Vitamin

87) The disaccharide sucrose consists of which two monosaccharides:

- a) Glucose and galactose.
- b) Glucose and fructose.
- c) Fructose and galactose.
- d) None of these.

88) All are features of Pellagra except:

- a) Breakdown of scar.
- b) Skin Lesions Diarrhoea.
- c) Decreased mental agility.
- d) Diarrhoea.

89) Sugar present in Milk is:

- a) Galactose.
- b) Glucose.
- c) Fructose.
- d) Lactose.

90) Which of the following is not an endopeptidase?

- a) Pepsin.
- b) Trypsin.
- c) Chymotrypsin.
- d) Carboxypeptidase.

- 91) Which hormone stimulates glycogen breakdown in the liver:
- Insulin.
  - Glucagon.
  - Leptin.
  - Thyroid hormone.
- 92) All of the following are needed for strong bones except:
- Thiamin.
  - Calcium.
  - Magnesium.
  - Vitamin d.
- 93) Sham is over-weight. Which of the following carbohydrates is he consuming maximum?
- Refined.
  - Unrefined.
  - Glycogen.
  - None of the mentioned.
- 94) Which of the following enzymes is specially involved in ossification of bone:
- Alkaline Phosphatase.
  - Acid Phosphatase.
  - Hexokinase.
  - ATPase.
- 95) AIDS is caused by Human Immunodeficiency Virus (HIV), HIV can get transmitted through:
- Blood contact.
  - Sexual contact.
  - Handshake.
  - Both (a & b).
- 96) Tomatoes are rich in :
- Oxalic acid
  - Citric acid
  - Acetic acid
  - Formic acid
- 97) A patient's potassium level is 6.0. Which food should the patient avoid?
- Raisins.
  - Rice.
  - Egg yolk.
  - None of the above.
- 98) It is an example of seed vegetable:
- Carrot.
  - Corn.
  - Walnut.
  - Pear.
- 99) Milk is deficient in :
- Calcium
  - Vitamin A
  - Vitamin D
  - Iron
- 100) Iodine Content of Salt at Consumption level should be atleast:
- 30 ppm.
  - 15 ppm.
  - 7.5 ppm.
  - 3.5 ppm.