

JEPAS(PG)-2021

1101100001

**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 answers only in the space provided. Do not make any stray mark on the OMR.
5. Write question booklet number and 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 question booklet number/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, log-table, wristwatch, any communication device like mobile phones etc. inside the examination hall. Any candidate found with such items will be **reported against** and 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.



1. Intrinsic factor is produced by
  - A. Chief cells of stomach.
  - B. Parietal cells of stomach.
  - C. Mucous cells of stomach.
  - D. Goblet cells of intestine.
  
2. Oilseed proteins are deficient in
  - A. Methionine.
  - B. Lysine.
  - C. Leucine.
  - D. Homocysteine.
  
3. Cholesterol content is the highest among the following four food stuffs:
  - A. Butter.
  - B. Whole egg.
  - C. Egg yolk.
  - D. Cheese.
  
4. Thiamin requirement is closely related to
  - A. Energy intake.
  - B. Protein intake.
  - C. Fat intake.
  - D. Mineral intake.
  
5. Which of the following food stuffs contains highest amount of protein?
  - A. Whole soy bean.
  - B. Soy chunk.
  - C. Soy protein isolate.
  - D. Soy protein concentrate.
  
6. Low fat diet is good for patients suffering from
  - A. Pancreatitis.
  - B. Galactosemia.
  - C. Anemia.
  - D. Vitamin C deficiency.
  
7. High fiber foods make
  - A. High fiber high residue diet.
  - B. High fiber low residue diet.
  - C. High fiber high protein diet.
  - D. High fiber high mineral diet.
  
8. Lactose intolerant people cannot decompose lactose into
  - A. Glucose and fructose.
  - B. Glucose and galactose.
  - C. Glucose and sucrose.
  - D. Glucose and mannose.

9. Megaloblastic anemia is due to deficiency of
- A. Iron and folic acid.
  - B. Iron and vitamin B<sub>12</sub>.
  - C. Folic acid and vitamin B<sub>12</sub>.
  - D. None of the above.
10. People with irritable bowel syndrome should avoid foods such as
- A. Alcohol.
  - B. Gluten.
  - C. Egg.
  - D. Seafood.
11. In Niacin deficiency, all of the followings are seen except
- A. Deafness.
  - B. Diarrhoea.
  - C. Dementia.
  - D. Dermatitis.
12. ICDS Scheme was started in the year
- A. 1965.
  - B. 1970.
  - C. 1975.
  - D. 1995.
13. Milk is deficient in
- A. Ca.
  - B. Vitamin A.
  - C. Vitamin D.
  - D. Iron.
14. Cooking of food helps in the following ways except
- A. By adding inferior or cheaper substances.
  - B. By killing the pathogens.
  - C. By removing heat labile Toxins.
  - D. By improving the digestibility of food.
15. Carbohydrate splitting enzyme present in Saliva is
- A. Ptyalin.
  - B. Lipase.
  - C. Pepsin.
  - D. Trypsin.
16. Addition of Starch in milk is an example of
- A. Preservation.
  - B. Fortification.
  - C. Adulteration.
  - D. Hydrogenation.

17. Most commonly used preservative in pickles
- A. Marmalade.
  - B. Sugar.
  - C. Salt.
  - D. Acetic acid.
18. Name the essential amino acid
- A. Proline.
  - B. Glutamic acid.
  - C. Linoleic acid.
  - D. Methionine.
19. Carbohydrate is stored in human body as Glycogen in
- A. Pancreas.
  - B. Liver.
  - C. Bone.
  - D. Kidney.
20. For which of the followings there is no digestive enzyme in human gut?
- A. Mustard Oil.
  - B. White of Egg.
  - C. Cane sugar.
  - D. Cellulose.
21. Coke is an example of a \_\_\_\_\_. Choose the correct option.
- A. Solid natural fuel.
  - B. Liquid manufactured fuel.
  - C. Solid manufactured fuel.
  - D. Liquid natural fuel.
22. According to the flow of food in a food service, identify the first step that will prevent wastage due to food spoilage?
- A. Inadequate storage facilities.
  - B. Poor handling of food by personnel.
  - C. Purchasing more than required.
  - D. Insufficient inspection of deliveries.
23. What is the first line of treatment in Hepatitis?
- A. Fluid and Electrolyte Balance.
  - B. Increased fluid intake.
  - C. Probiotics.
  - D. Vitamin C.
24. Which type of amino acids is prescribed in Hepatic Encephalopathy?
- A. EAA.
  - B. NEAA.
  - C. BCAA.
  - D. AAA.

25. Which of the following is required for absorption of B12?
- A. Trypsin.
  - B. Intrinsic Factor.
  - C. R protein.
  - D. All of the above.
26. The SNP aimed to provide how many grams of protein to pregnant & lactating women?
- A. 10 g.
  - B. 20 g.
  - C. 25 g.
  - D. 30 g.
27. The central AGMARK Laboratory is located at which of the following?
- A. Kolkata.
  - B. New Delhi.
  - C. Mumbai.
  - D. Nagpur.
28. When food is separated from the heat source by a physical barrier such as a metal surface, it is called as
- A. Indirect heating.
  - B. Direct heating.
  - C. Dehydro freezing.
  - D. Lyophilization.
29. A process of treating buffalo milk by adding skim milk, powdered skim milk and later leads to the formation of
- A. Toned milk.
  - B. Sterilized milk.
  - C. UHT treated milk.
  - D. Pasteurized milk.
30. The role of calcium chloride in cheese preparation is to
- A. Improve the taste.
  - B. Improve the flavor.
  - C. Improve the color.
  - D. Improve the process of coagulation.
31. Meal planning involves, planning of \_\_\_\_\_ meals which are colourful, attractive, appetizing, palatable and within the economic means of the individuals consuming.
- A. Protective.
  - B. Balanced.
  - C. Food.
  - D. Basic.

32. \_\_\_\_\_ nutrition is of great importance for women due to their special nutritional needs associated with physiological changes such as menstruation, pregnancy, lactation, and menopause.
- A. Optimum.
  - B. Balanced.
  - C. Adequate.
  - D. Proper.
33. Which of the following is highly prevalent global nutritional problems?
- A. Vitamin A deficiency.
  - B. Undernutrition.
  - C. Obesity.
  - D. All the above.
34. 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.
35. Consuming fewer than 130 grams of carbohydrate per day may lead to:
- A. Hypoglycemia.
  - B. Kwashiorkor.
  - C. Marasmus.
  - D. Ketosis.
36. Food like pizza, burger and noodles are rich in
- A. Carbohydrates.
  - B. Proteins.
  - C. Vitamins.
  - D. Minerals.
37. The percentage of water in the human body is
- A. 60.
  - B. 70.
  - C. 40.
  - D. 80.
38. 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.

39. Amylase on saliva begins the breakdown of carbohydrate into \_\_\_\_\_.
- A. Fatty acid.
  - B. Polypeptides.
  - C. Amino acids.
  - D. Simple sugars.
40. During the absorptive state, all tissues use \_\_\_\_\_ as fuel.
- A. Glucose.
  - B. Amino acids.
  - C. Fatty acid.
  - D. Starch.
41. B-group vitamins generally function as
- A. Emulsifiers.
  - B. Coenzymes.
  - C. Reducing agents.
  - D. Antioxidants.
42. Which hormone stimulates glycogen breakdown in the liver?
- A. Insulin.
  - B. Glucagon.
  - C. Leptin.
  - D. Thyroid hormone.
43. Which of the following has the highest glycemic index?
- A. Ice cream.
  - B. Cucumber.
  - C. Bread.
  - D. Flax seeds.
44. 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.
45. The following are some of gastrointestinal hormones except
- A. Gastrin.
  - B. Motilin.
  - C. Chymotrypsin.
  - D. Secretin.
46. Cholesterol is the precursor in the biosynthesis of which of the following compounds?
- A. Aldosterone.
  - B. Cortisol.
  - C. Testosterone.
  - D. All of the above.



47. Trypsin inhibitor is destroyed by
- A. Heat treatment.
  - B. Salting.
  - C. Freezing.
  - D. Drying.
48. The predominant fatty acid in mustard oil is
- A. Monounsaturated.
  - B. Polyunsaturated.
  - C. Saturated.
  - D. Linoleic.
49. The richest source of calcium among the following food stuffs is
- A. Buffalo milk.
  - B. Cow milk.
  - C. Goat milk.
  - D. Human milk.
50. Energy content of which of the following foods is the highest?
- A. Honey.
  - B. Sugar cane.
  - C. Sago.
  - D. Jaggery.
51. The term fermentation refers to break down of
- A. Carbohydrate.
  - B. Protein.
  - C. Fat.
  - D. Vitamin.
52. Beta carotene is present in
- A. Red palm oil.
  - B. Mustard oil.
  - C. Rapeseed oil.
  - D. Groundnut oil.
53. Spirulina is
- A. An algae.
  - B. A fungus.
  - C. A leafy vegetable.
  - D. A flower.
54. Iron content is highest in
- A. Raw milled rice.
  - B. Flaked rice.
  - C. Puffed rice.
  - D. Parboiled milled rice.

55. Cocoa is made by grinding
- A. Seeds of pods of cocoa tree.
  - B. Leaves of cocoa tree.
  - C. Bark of cocoa tree.
  - D. Root of cocoa tree.
56. DASH diet means
- A. Dietary approach to stop hypertension.
  - B. Dietary accommodation and severe hypertension.
  - C. Dietary arrangements for some hypertension.
  - D. Dietary assessment for short term hypertension.
57. The Mediterranean diet often includes
- A. Sweets.
  - B. Red meat.
  - C. Pork meat.
  - D. Raw salads.
58. Low residue diet is recommended in
- A. Hypertension.
  - B. DASH diet.
  - C. Acute stage of ulcerative colitis.
  - D. Constipation.
59. When bone mineral density is -1 to -2.5, the condition is called
- A. Osteoporosis.
  - B. Osteopenia.
  - C. Osteomalacia.
  - D. Osteoarthritis.
60. Which one of the following is beneficial for patients suffering from gouty arthritis?
- A. Peas and legumes.
  - B. Cherries and berries.
  - C. Chocolate and coffee.
  - D. Meat extract and gravies.
61. The enzyme responsible for curdling milk is
- A. Rennin.
  - B. Renin.
  - C. Secretin.
  - D. Cholecystokinin.
62. Following are fermented products except
- A. Butter.
  - B. Cheese.
  - C. Whey protein concentrates.
  - D. Curd.

63. White fish are
- A. Low in protein.
  - B. Low in fat.
  - C. Low in vitamins.
  - D. Low in minerals.
64. Beer is an alcoholic beverage produced by fermentation of
- A. Apple.
  - B. Pulses.
  - C. Vegetables.
  - D. Cereals.
65. In Celiac disease the patient is sensitive to the protein
- A. Glutelin.
  - B. Gliadin.
  - C. Globulin.
  - D. Gelatin.
66. Proteins are
- A. Polysaccharides.
  - B. Polyamides.
  - C. Polynucleotides.
  - D. Polyglycol.
67. Limiting Amino acid in wheat is
- A. Lysine.
  - B. Tryptophan.
  - C. Methionine.
  - D. Isoleucine.
68. Double edged sword is
- A. Chlorine.
  - B. Fluorine.
  - C. Lead.
  - D. Selenium.
69. What is added to Vanaspati in India?
- A. Ascorbic Acid.
  - B. Retinol.
  - C. Thiamine.
  - D. Nicotinic Acid.
70. Which of the followings is not an essential fatty acid?
- A. Linoleic acid.
  - B. Linolenic acid.
  - C. Acetoacetic acid.
  - D. Arachidonic acid.

71. Lecithine is a
- A. Simple Lipid.
  - B. Derived Lipid.
  - C. Phospho Lipid.
  - D. Steroid.
72. Vitamin B12 is not found in
- A. Milk.
  - B. Meat.
  - C. Fish.
  - D. Soyabean.
73. Which of the followings has minimum pH?
- A. Bile.
  - B. Saliva.
  - C. Gastric juice.
  - D. Pancreatic juice.
74. Epidemic dropsy is due to
- A. BOAA.
  - B. Sanguinarine.
  - C. Methionine.
  - D. Leucine.
75. Parboiling of paddy helps in retaining
- A. Vitamin C.
  - B. Vitamin A.
  - C. Niacin.
  - D. Thiamin.
76. All are of vegetable origin except
- A. Vitamin A.
  - B. Vitamin B1.
  - C. Vitamin C.
  - D. Vitamin B12.
77. Monosaccharides present in Maltose are
- A. Glucose and Fructose.
  - B. Glucose and Galactose.
  - C. Fructose and Galactose.
  - D. None of these.
78. Phosphoprotein present in milk is
- A. Fibrinogen.
  - B. Gliadin.
  - C. Casein.
  - D. Troponin.

79. Iron absorption from the G I T is decreased by all of the followings except
- A. Phytates.
  - B. Vitamin C.
  - C. Phosphate.
  - D. Taurine.
80. Which of the followings is more in human milk than cow's milk?
- A. Protein.
  - B. Iron.
  - C. Lactose.
  - D. Minerals.
81. Raw egg white contains anti Biotin factor AVIDIN which is a
- A. Fatty acid.
  - B. Carbohydrate.
  - C. Inorganic acid.
  - D. Protein.
82. Germination of legume enhances the content of
- A. Vitamin D.
  - B. Vitamin C.
  - C. Vitamin E.
  - D. Vitamin K.
83. Which form of Iron is more absorbable in human Gut?
- A. Ferrous Iron.
  - B. Ferric Iron.
  - C. Elemental Iron.
  - D. Ferrosoferric Iron.
84. Which one is to be preferred to get Vitamin C?
- A. Ripe mango.
  - B. Guava.
  - C. Rice.
  - D. Banana.
85. Which one is correct?
- A. All enzymes are protein.
  - B. All proteins are enzyme.
  - C. All nitrogenous compounds are proteins.
  - D. All hormones are proteins.
86. Mitochondrial enzyme pyruvate carboxylase contains:
- A. Zinc.
  - B. Fluoride.
  - C. Manganese.
  - D. Iron.

87. What does CARE Stand for?
- A. Cooperation for American Relief Everywhere.
  - B. Children & Adolescents Relief Everywhere.
  - C. Cooperation for Adolescents Relief Everywhere.
  - D. Cooperation for Australian Relief Everywhere.
88. The only fat-soluble antioxidant synthesized in the body is:
- A. Vitamin D.
  - B. Thiamine.
  - C. Ascorbic acid.
  - D. CoQ10.
89. Which of the following is not one of the risk factors for cardiovascular disease:
- A. Diabetes.
  - B. Hypertension.
  - C. High LDL.
  - D. High HDL.
90. Fiber helps to reduce the risk of all the following diseases except
- A. Cancer.
  - B. Heart disease.
  - C. Diverticulitis.
  - D. Diarrhea.
91. A \_\_\_\_\_ diet plays an important role in the treatment of diabetes
- A. Balanced.
  - B. Adequate.
  - C. Therapeutic.
  - D. Optimum.
92. Dry heat brings changes to starch through a process known as
- A. Gelatinization.
  - B. Dextrinization.
  - C. Coagulation.
  - D. Toasting.
93. Which one of the following fishes contains lowest amount of fat?
- A. Hilsa.
  - B. Parsey.
  - C. Magur.
  - D. Chital.
94. The pregnant woman in 3<sup>rd</sup> trimester of pregnancy needs
- A. The same amount of protein needed by lactating woman.
  - B. Less amount of protein needed by lactating woman.
  - C. Less amount of protein needed by non-pregnant woman.
  - D. None of the above.

95. Cereals usually do not contain beta carotene except
- A. Wheat.
  - B. Yellow maize.
  - C. Rice.
  - D. Semolina.
96. Among the following oils amount of saturated fatty acid is the highest in
- A. Coconut oil.
  - B. Vanaspati.
  - C. Sunflower oil.
  - D. Safflower oil.
97. Atkin's diet is
- A. Rich in protein, low in carbohydrate.
  - B. Rich in carbohydrate, low in protein.
  - C. Rich in protein, low in fat.
  - D. Rich in protein, rich in fat.
98. Egg lacks the following
- A. Protein.
  - B. Cholesterol.
  - C. Carbohydrate.
  - D. Vitamin.
99. All are true for pressure cooking except
- A. Nutrient and flavour loss are less.
  - B. Fuel is saved.
  - C. Food may be undesirably soft.
  - D. Food is not cooked thoroughly.
100. What is added to edible salt in India?
- A. Ascorbic acid.
  - B. Retinol.
  - C. Thiamin.
  - D. Potassium Iodate.

