

JEMAS(PG)-2024
Subject: Diploma in Dietetics (Dip Diet)

QB No: 4101300001

Duration: 90 minutes

No of MCQ: 100

Full Marks: 100

INSTRUCTIONS

1. All questions are of objective type having four answer options for each.
2. **Category-1:** Carries **1** mark each and only one option is correct. In case of incorrect answer or any combination of more than one answer, $\frac{1}{4}$ mark will be deducted.
3. Questions must be answered on OMR sheet by darkening the appropriate bubble marked A, B, C, or D.
4. Use only **Black/Blue ink ball point pen** to mark the answer by filling up of the respective bubbles completely.
5. Write Question Booklet number and your roll number carefully in the specified locations of the **OMR** sheet. Also fill appropriate bubbles.
6. Write your name (in block letter), name of the examination center and put your signature (as is appeared in Admit Card) in appropriate boxes in the **OMR sheet**.
7. The OMR sheet 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 center. The OMR sheet 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, pen, log-table, wristwatch, any communication device like mobile phones, bluetooth devices etc. inside the examination hall. Any candidate found with such prohibited items will be **reported against** and his/her candidature will be summarily cancelled.
9. Rough work must be done on the Question Booklet itself. Additional blank pages are given in the Question Booklet for rough work.
10. Hand over the OMR sheet to the invigilator before leaving the Examination Hall.
11. Candidates are allowed to take the Question Booklet after examination is over.

Signature of the Candidate: _____

(As in Admit Card)

Signature of the Invigilator: _____

DIP DIET

1. Which of the following is a local hormone?
 - (A) Gastric juice.
 - (B) Gastrin.
 - (C) Intrinsic factor.
 - (D) Mucin.
2. Identify the part of the respiratory system in which the exchange of gases takes place:
 - (A) Trachea.
 - (B) Larynx.
 - (C) Pharynx.
 - (D) Alveoli.
3. Lymphocytes are of two types, they are:
 - (A) T-cells and erythrocytes.
 - (B) Erythrocytes and platelets.
 - (C) T –cells and platelets.
 - (D) T-cells and B-cells.
4. Afferent neurons carry nerve impulses from:
 - (A) CNS to muscles.
 - (B) CNS to receptors.
 - (C) Receptors to CNS.
 - (D) Effector organs to CNS.
5. Which part of the body can be called a kind of blood bank?
 - (A) Heart.
 - (B) Liver.
 - (C) Spleen.
 - (D) Lungs.
6. A temporary endocrine gland in the human body is:
 - (A) Corpus luteum.
 - (B) Pineal gland.
 - (C) Corpus albican.
 - (D) None of the above.
7. Which of the following is a source of pulses as well as edible oil?
 - (A) Soyabean.
 - (B) Groundnut.
 - (C) Sunflower.
 - (D) Rice bran.
8. What is the purpose of blanching in fruit and vegetable processing?
 - (A) Enhance flavor.
 - (B) Inactivate enzymes.
 - (C) Increase vitamin content.
 - (D) Improve texture.

9. Which vegetable grows in a pod?
(A) Corn.
(B) Pea.
(C) Asparagus.
(D) Cauliflower.
10. Which of the following is a soft cheese?
(A) Cottage cheese.
(B) Cheddar cheese.
(C) Parmesan cheese.
(D) Swiss cheese.
11. Which enzyme is present in malted beverages?
(A) Lipase.
(B) Protease.
(C) Amylase.
(D) Phenolase.
12. Most common ingredient of beer is:
(A) Barley.
(B) Rice.
(C) Sorghum.
(D) Oats.
13. The aromatic volatile components of spices are called:
(A) Spice oil.
(B) Spice fat.
(C) Spice gel.
(D) Spice paste.
14. Which one of the following contains highest amount of ascorbic acid?
(A) Beet root.
(B) Carrot.
(C) Onion.
(D) Potatoes.
15. Maximum amount of MUFA is present in:
(A) Coconut.
(B) Mustard.
(C) Safflower.
(D) Sunflower
16. Cholesterol content is highest in:
(A) Butter.
(B) Egg yolk.
(C) Whole egg.
(D) Pork.
17. The predominant fatty acid in olive oil is:
(A) Monounsaturated.
(B) Saturated.
(C) Polyunsaturated.
(D) Alpha-linolenic acid.

18. Dry heat brings changes to starch through a process known as:
- (A) Gelatinization.
 - (B) Dextrinization.
 - (C) Coagulation.
 - (D) Gelatin.
19. The term fermentation refers to breakdown of:
- (A) Carbohydrate.
 - (B) Protein.
 - (C) Fat.
 - (D) Vitamin.
20. A piece of meat, fish without bones is called:
- (A) Fillet.
 - (B) Stock.
 - (C) Soup.
 - (D) Stew.
21. Beta carotene is present in:
- (A) Red palm oil.
 - (B) Mustard oil.
 - (C) Rapeseed oil.
 - (D) Groundnut oil.
22. A ketogenic diet is:
- (A) Poor in carbohydrate, rich in fat.
 - (B) Poor in fat, rich in carbohydrate.
 - (C) Poor in protein, poor in fat.
 - (D) Rich in carbohydrate, rich in fat.
23. Crohn's disease:
- (A) Always affect the colon.
 - (B) May lead to intestinal obstruction.
 - (C) Is best treated surgically.
 - (D) Requires a gluten free diet.
24. Long term damage of type 2 diabetes can affect:
- (A) Kidney.
 - (B) Eyes.
 - (C) Nerves.
 - (D) All of the above.
25. Constipation, hemorrhoids are associated with one of the dietary faults:
- (A) Excess fat.
 - (B) Too much sugar.
 - (C) Overconsumption of alcohol.
 - (D) Lack of fiber.

26. 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.
27. Indigestion of sugar of milk is called:
- (A) Lactose intolerance.
 - (B) Galactosemia.
 - (C) Milk allergy.
 - (D) Milk sensitivity.
28. In Atkin's diet:
- (A) Total energy is cut down.
 - (B) Amount of carbohydrate is cut down.
 - (C) Amount of fat is cut down.
 - (D) Amount of protein is cut down.
29. Irritable bowel syndrome is:
- (A) Intestinal damage.
 - (B) A group of symptoms that affect abdomen.
 - (C) Is same as celiac disease.
 - (D) Is like stomach flu.
30. Other name of irritable bowel syndrome:
- (A) Colitis.
 - (B) Spastic colon.
 - (C) Nervous colon.
 - (D) All of the above.
31. An excessive amount of uric acid in the body can lead to gout and:
- (A) Headache.
 - (B) Kidney stone.
 - (C) Stomach pain.
 - (D) Gall stone.
32. Signs of preeclampsia are:
- (A) Edema, hypertension.
 - (B) Ketosis, anorexia.
 - (C) Infection, anemia.
 - (D) Pain, dizziness.
33. Role of Endogenous opioids in pain pathway:
- (A) Up to childhood.
 - (B) Up to puberty.
 - (C) Up to old age.
 - (D) Throughout the life.

34. Risk of hypertension is less if a person is on:
- (A) Kempner's diet.
 - (B) DASH diet.
 - (C) Atkin's diet.
 - (D) Neuron of final common pathway.
35. ORS solution is needed in:
- (A) Muscle cramp in summer.
 - (B) Severe diarrhea.
 - (C) Dehydration.
 - (D) All of the above.
36. High carbohydrate , high protein diet is needed in:
- (A) Tuberculosis.
 - (B) Obesity.
 - (C) Cardiovascular disease.
 - (D) Renal disease.
37. Low fat diet is given in:
- (A) Steatorrhoea.
 - (B) Pancreatitis.
 - (C) Liver disease.
 - (D) All of the above.
38. Hepatitis is caused by a:
- (A) Bacteria.
 - (B) Protozoa.
 - (C) Fungus.
 - (D) Virus.
39. Gastric ulcer is caused by:
- (A) Irregular movement of stomach.
 - (B) A bacteria.
 - (C) Over eating.
 - (D) Weakness.
40. In oesophagitis:
- (A) Soft bland diet is better.
 - (B) Low protein diet better.
 - (C) High calcium diet is better.
 - (D) Low fat diet is better.
41. Difference between systolic and Diastolic blood pressure is:
- (A) Blood pressure.
 - (B) Pulse Pressure.
 - (C) Cardiac Output.
 - (D) Pulse.
42. Which of the following hormone controls the milk production in the mammary gland?
- (A) Growth hormone.
 - (B) Prolactin.
 - (C) Oxytocin.
 - (D) Vasopressin.

43. Erythrocyte Glutathione Reductase deficiency is seen in deficiency of:
- (A) Riboflavin.
 - (B) Folic Acid.
 - (C) Vitamin C.
 - (D) Vitamin E.
44. Enzyme that hydrolyses Sucrose is:
- (A) Invertase.
 - (B) Pepsinogen.
 - (C) Chymotrypsin.
 - (D) Renin.
45. Which of the followings has no free Aldehyde or ketone group?
- (A) Fructose.
 - (B) Maltose.
 - (C) Sucrose.
 - (D) Galactose.
46. Which Vitamin deficiency causes Glossitis and Cheilosis?
- (A) Thiamine.
 - (B) Riboflavin.
 - (C) Folic acid.
 - (D) Vitamin A.
47. An index used to measure stunting is:
- (A) Weight for Height/Length.
 - (B) MUAC for Age.
 - (C) Weight for Age.
 - (D) Height for Age.
48. Which of the following is precursor of Niacin?
- (A) Leucine.
 - (B) Isoleucine.
 - (C) Tryptophan.
 - (D) Tyrosine.
49. B M R stands for:
- (A) Basal Energy Expenditure.
 - (B) Body metabolic Rate.
 - (C) Body Mass Index.
 - (D) Basal Metabolic Rate.
50. Bleeding disease is associated with the deficiency of:
- (A) Vitamin A.
 - (B) Vitamin D.
 - (C) Vitamin E.
 - (D) Vitamin K.
51. Which is the storage form of Iron?
- (A) Ferritin.
 - (B) Transferrin.
 - (C) Hemosiderin.
 - (D) None of the above.

52. High Energy compound is:
- (A) ATP.
 - (B) ADP.
 - (C) AMP.
 - (D) Glucose 6 Phosphate.
53. Negative Nitrogen balance is seen in all except:
- (A) TB.
 - (B) Starvation.
 - (C) Protein Energy Malnutrition.
 - (D) Pregnancy.
54. Apoenzyme is:
- (A) Co-factor.
 - (B) Co-enzyme.
 - (C) Protein moiety.
 - (D) None of these.
55. Which is not an Endopeptidase?
- (A) Pectin.
 - (B) Trypsin.
 - (C) Chymotrypsin.
 - (D) Aminopeptidase.
56. Which of the following deficiencies does not match the clinical situation?
- (A) Iron-----Anaemia.
 - (B) Folate---Anaemia.
 - (C) Zn-----Immunodeficiency.
 - (D) Selenium-Dry skin.
57. Glucose is co-transported with Na⁺ ions .This is a type of:
- (A) Secondary Active Transport.
 - (B) Primary Active Transport.
 - (C) Facilitated Diffusion.
 - (D) Simple Diffusion.
58. Specific Dynamic Action is maximum for:
- (A) Carbohydrate.
 - (B) Protein.
 - (C) Fat.
 - (D) Vitamin.
59. Energy is required for:
- (A) Osmosis.
 - (B) Diffusion.
 - (C) Active Transport.
 - (D) None of these.
60. Erythropoetin is secreted mainly by:
- (A) Liver.
 - (B) Adrenal Cortex.
 - (C) Kidney.
 - (D) Bone marrow.

61. What is normal left ventricular Ejection Fraction?
(A) 20 %.
(B) 30 %.
(C) 50 %.
(D) 65 %.
62. Maximum oxygen is transported in blood:
(A) In dissolved form.
(B) By Albumin.
(C) By Haemoglobin.
(D) By WBC.
63. Vomitting centre is situated in:
(A) Hypothalamus.
(B) Amygdala.
(C) Pons.
(D) Medulla.
64. Melatonin is secreted by:
(A) Hypothalamus.
(B) Adrenal Cortex.
(C) Pineal gland.
(D) Melanocytes.
65. All of the followings are secreted in proenzyme form except:
(A) Trypsin.
(B) Chymotrypsin.
(C) Pepsin.
(D) Ribonuclease.
66. ICDS is under which Ministry?
(A) Health and Family Welfare.
(B) Women and Child development.
(C) Home Affairs.
(D) Ministry of Labour.
67. ICDS was launched in:
(A) 1955.
(B) 1968.
(C) 1975.
(D) 2005.
68. Mean birth weight of Indian babies is:
(A) 2.5 kg.
(B) 2.8 kg.
(C) 3.1 kg.
(D) 3.5 kg.
69. World Breast feeding week is celebrated in the month of:
(A) January.
(B) April.
(C) August.
(D) October.

70. Highest protein content is in
(A) Red gram.
(B) Black gram.
(C) Bengal gram.
(D) Soyabean.
71. Compared with cow's milk mother's milk has more:
(A) Lactose.
(B) Vitamin D.
(C) Protein.
(D) Fat.
72. Tomatoes are rich in:
(A) Oxalic acid.
(B) Citric acid.
(C) Acetic acid.
(D) Formic acid.
73. Egg is poor in:
(A) Protein.
(B) Carbohydrate and Vitamin C.
(C) Calcium and Iron.
(D) Fat.
74. All are examples of food fortification except:
(A) Iodization of salt.
(B) Vitamin A in Vanaspati.
(C) Fluoridation of water.
(D) Saffron colour in milk.
75. Poor source of Iron:
(A) Butter.
(B) Green Leafy Vegetables.
(C) Jaggery.
(D) Meat.
76. A true emulsion represents a _____ dispersion of one liquid in another when both liquids are mutually immiscible.
(A) Foams.
(B) Gels.
(C) Colloidal.
(D) Agar-Agar.
77. _____ compounds are the substances that elicit sweet sensation.
(A) Acetic acid.
(B) Ammonia.
(C) Organic.
(D) Brazzein.

78. Chlorophylls as food colourants are manufactured by selective retention or hydrolysis of the ___ side chain.
- (A) Phytol.
 - (B) Amine.
 - (C) Carbon.
 - (D) None of these.
79. A chemical that can impart colour and is insoluble in the solvent in which it is used as a _____.
- (A) Enzyme.
 - (B) Pigment.
 - (C) Chlorophylls.
 - (D) Colloid.
80. The process of loss of liquid from gels causing their shrinkage is called _____.
- (A) Syneresis.
 - (B) Bubbles.
 - (C) Weeping.
 - (D) Pasteurisation.
81. _____ is the temperature increase required to reduce the thermal death time by a factor of 10.
- (A) D value.
 - (B) F value.
 - (C) Z value.
 - (D) All of the above.
82. Change in reaction rate for a 10-degree c temperature change is referred to as _____.
- (A) D value.
 - (B) Q value.
 - (C) F value.
 - (D) None of these.
83. The pasteurization of products packed in glass containers leads to a problem of a specific nature which is referred to as _____.
- (A) Thermopenetration.
 - (B) Flash.
 - (C) Aseptic.
 - (D) Stassanization.
84. SO_2 has been used for many centuries as a preservative because of its _____ activity, antioxidant & reducing properties.
- (A) Oxidising.
 - (B) Antimicrobial.
 - (C) Stabilising.
 - (D) All of the above.

85. The substances which are added in very low quantities and do not alter the organoleptic & physio chemical properties of food are _____ preservatives:
- (A) Chemical.
 - (B) Physical.
 - (C) Biological.
 - (D) All of the above.
86. Benzoic acid is a commonly used _____ food preservatives.
- (A) Acid.
 - (B) Alkaline.
 - (C) Yeast.
 - (D) None of these.
87. The nutritional value of protein concentrates is expressed as _____.
- (A) SPC.
 - (B) WPC.
 - (C) PER.
 - (D) NPU.
88. The red colour of meat is due to _____.
- (A) Globulin.
 - (B) Myoglobin.
 - (C) Ferritin.
 - (D) Anthocyanin.
89. _____ provide defence to the body against invading organism & infection.
- (A) Collagen.
 - (B) Antibodies.
 - (C) Keratin.
 - (D) Defense Mechanisms.
90. _____ are the most widely distributed antioxidants in nature & they constitute the principal antioxidant in vegetable oil.
- (A) TBHQ.
 - (B) BHA.
 - (C) Tocopherol.
 - (D) Phenolphthalein.
91. _____ is a microbial polysaccharide.
- (A) Carrageenan.
 - (B) Hemicellulose.
 - (C) Xanthan gum.
 - (D) Sucrose.
92. _____ is also industrially extracted from apple & citrus pomegranate & traded Internationally in purified & standardized forms.
- (A) Cellulose.
 - (B) Pectin.
 - (C) Hemicellulose.
 - (D) Carrageenan.

93. _____ is a polysaccharide found in the cell wall of some red algae.
- (A) Alginate.
 - (B) Carrageenan.
 - (C) Agar.
 - (D) Xanthan gum.
94. The sum of starch & product of starch degradation not absorbed in the small intestine of healthy individuals is referred as:
- (A) NSP.
 - (B) Resistant starch.
 - (C) Crude fibre.
 - (D) Amino acids.
95. The ratio of wet weight of the sedimented gel formed to its dry weight is referred to as:
- (A) Swelling power.
 - (B) Foam strengthening.
 - (C) Gelling.
 - (D) All of the above.
96. Moon face is a symptom of:
- (A) Beriberi.
 - (B) Kwashiorker.
 - (C) Marasmus.
 - (D) Scurvy.
97. Intercellular fluid is also known as _____ fluid.
- (A) Interstitial.
 - (B) Synovial fluid.
 - (C) Vitreous humor.
 - (D) Transcellular fluid.
98. One of the major roll of vitamin A is:
- (A) Fluid balance.
 - (B) Visual perception.
 - (C) Energy Balance.
 - (D) Fat absorption.
99. _____ is major lipid soluble anti-oxidant in the cell anti-oxidant defence system and is exclusively obtained from the diet.
- (A) Selenium.
 - (B) Ascorbic acid.
 - (C) Vitamin E.
 - (D) Zinc.
100. _____ function as the coenzyme TPP in the metabolism of carbohydrate and BAA.
- (A) Riboflavin.
 - (B) Zinc.
 - (C) Thiamin.
 - (D) Niasin.

ROUGH WORK ONLY