



UMT

University of Management and Technology



Date: _____

Admission Test MS Dietetic Practice

Name: _____

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Marks Obtain: _____

Signature of Examiner: _____

1. Kidneys help in regulating blood pressure by secreting:

- a. Renin and aldosterone b. Sodium and potassium c. Aldosterone and sodium d. Sodium and renin

2. Within the stomach, large polypeptides are converted into smaller ones with the help of:

- a. Pepsinogen b. Pepsin c. Amylase d. Lipase

3. Hyperkalemia refers to:

- a. Elevated level of calcium
b. Lower level of potassium
c. Elevated level of potassium
d. Lower level of calcium

4. Which of the following is the second step in the Nutrition Care Process (NCP)?

- a. Nutrition intervention
b. Nutrition monitoring and evaluation
c. Nutrition diagnosis
d. Nutrition assessment

5. Obesity results if:

- a. The number of enzymes becomes more than the food intake
b. Energy expenditure is less than energy intake
c. Energy expenditure is more than energy intake

d. Energy intake is lesser than energy expenditure

6. Which organ is primarily responsible for the metabolism of alcohol?

- a. Kidneys b. Pancreas c. Small intestine d. Liver

7. The following are electrolytes present in body fluids:

- a. Ca, Mg, P, Cl and K b. Na, K, Ca, Ph and Pb c. Ca, Mg, Cl, K and Na d. Na, K, Cd, Mn and Cl

8. Which dietary pattern is most strongly associated with reduced risk of cardiovascular disease?

a. High-protein, low-carbohydrate diet

b. Western diet high in processed foods

c. High-fat, low-fiber diet

d. Mediterranean diet

9. Which is the most common symptom of Diabetes Mellitus related to thirst?

- a. Polydipsia b. Polyuria c. Polyphagia d. Polypnea

10. Iron RDA for children aged 1-3 years is:

- a. 5 mg/day b. 8 mg/day c. 7 mg/day d. 10 mg/day

11. Iron absorption is impaired by:

- a. Heme b. Phytates c. MFP factors d. Vitamin C

12. The primary goal of Medical Nutrition Therapy (MNT) in Type 2 diabetes is to:

a. Eliminate all carbohydrates from the diet

b. Increase protein intake to replace carbohydrates

c. Prescribe insulin therapy

d. Achieve and maintain blood glucose levels within normal range

13. Rice and Kombu are basic ingredients of which cuisine?

- a. Italian b. Greek c. Japanese d. Laotian

14. The DRI value that meets the needs of 97-98% of healthy individuals in a group is called:

- a. Recommended Dietary Allowance (RDA)
- b. Estimated Average Requirement (EAR)
- c. Adequate Intake (AI)
- d. Tolerable Upper Intake Level (UL)

15. To treat osteoporosis, focus should be placed on:

- a. Maintaining body weight b. Cutting down caffeine use c. Regular exercise d. All of the above

16. Energy requirement during the 2nd trimester of pregnancy is:

- a. +300 kcal/day b. +340 kcal/day c. +450 kcal/day d. +430 kcal/day

17. The visual cycle of Vitamin A was presented by:

- a. George Wald b. Thomas Wald c. James Wald d. John Wald

18. Which of the following is an example of a SMART goal in dietary counselling?

- a. Try to exercise more
- b. Walk for 30 minutes, five days a week, for the next month
- c. Reduce sugar intake someday
- d. Eat healthier

19. Which of the following best describes the concept of 'food security'?

- a. Access only to processed food at all times
- b. Availability of food only in urban areas
- c. Physical, social and economic access to sufficient, safe and nutritious food at all times
- d. Surplus food production in a country

20. Which type of fatty acid found in fish oil is most beneficial for cardiovascular health?

- a. Saturated fatty acids b. Trans fatty acids c. Monounsaturated fatty acids d. Omega-3 polyunsaturated fatty acids

21. Birth weight doubles at:

- a. Remains the same b. 5-6 months of age c. Triples d. Quadruples

22. Which assessment tool uses skinfold thickness measurements to estimate body fat percentage?

- a. DEXA scan b. Bioelectrical impedance analysis c. BMI calculation d. Anthropometric calipers

23. Anthropometric measurements are quantitative measurements that include:

- a. Weight and height
b. Height and food diary
c. Weight, height, and food frequency
d. 24-hour dietary recall

24. In motivational interviewing, 'rolling with resistance' means the counsellor should:

- a. Confront the client about unhealthy choices
b. Avoid arguing and explore the client's own reasons for change
c. Dismiss the client's concerns
d. Force the client to change behavior

25. Kwashiorkor is primarily caused by severe deficiency of:

- a. Total caloric intake b. Vitamin A c. Dietary protein d. Iron

26. The Glycemic Index (GI) measures:

- a. The fat content of a food
b. The protein quality of a food
c. The total caloric value of a food
d. How quickly a food raises blood glucose levels

27. Which mineral is known to enhance insulin activity and is important in carbohydrate metabolism?

- a. Chromium b. Zinc c. Magnesium d. Iron

28. OAS stands for:

- a. Open Allergy Syndrome b. Organization of American States c. Oral Allergy Syndrome d. Overall Syndrome

29. The recommended daily fiber intake for adults is approximately:

- a. 10-15 g/day b. 25-38 g/day c. 16-20 g/day d. 30-40 g/day

30. Examples of allergic symptoms involving the nervous system include:

- a. Spots in front of the eyes b. Lack of concentration c. Migraine d. All of the above

31. The Japanese diet is high in sodium and low in:

- a. Vietnamese dishes b. Cambodian spices c. Milk d. Indonesian flavors

32. Sparse hair that is easily plucked indicates deficiency of:

- a. Zinc and thiamine b. B-complex vitamins c. Zinc alone d. Zinc and protein

33. By secreting which enzyme do the kidneys help regulate blood pressure?

- a. Lipase b. Renin c. Amylase d. ADH

34. Which neurotransmitter is important in regulation of appetite, sleep, and body temperature?

- a. Serotonin b. Epinephrine c. Norepinephrine d. Tryptophan

35. Which of the following is a major risk factor for developing Type 2 diabetes mellitus?

- a. Low body weight
b. High fruit consumption
c. Regular physical activity
d. Abdominal obesity and physical inactivity

36. Which condition affects all exocrine secretions including partially digested proteins and fats?

- a. Hepatitis b. Zollinger-Ellison syndrome c. Cystic fibrosis d. Pancreatitis

37. Cognitive restructuring in nutrition counselling aims to:

- a. Identify and change unhelpful thoughts related to eating behavior
b. Replace counselling with group therapy only
c. Increase caloric intake regardless of goals
d. Provide medication for eating disorders

38. A newborn baby requires approximately:

- a. 250 kcal/day b. 450 kcal/day c. 350 kcal/day d. 550 kcal/day

39. Which tissue is a central metabolic organ that helps in whole-body energy homeostasis?

- a. Nerve tissue b. Connective tissue c. Adipose tissue d. Muscle tissue

40. In behavior modification, rewarding a desired dietary behavior to increase its frequency is called:

- a. Extinction b. Punishment c. Negative reinforcement d. Positive reinforcement

41. ELISA stands for:

- a. Energy-linked immunity assay
b. Enzyme-life induced assessment
c. Enzyme-linked immunosorbent assay
d. None of the above

42. Which of the following foods contains the most fat?

- a. Graham crackers b. Angel food cake c. Pudding d. Brownies

43. Pellagra is caused by deficiency of:

- a. Niacin b. Thiamine c. Riboflavin d. Vitamin B12

44. The body's primary and preferred source of energy is:

- a. Protein b. Carbohydrates c. Fat d. Vitamins

45. Out of total body protein, the proportion present in muscle and skin respectively is:

- a. 1/10 and 1/3 b. 1/5 and 1/10 c. 1/10 and 1/3 d. 1/3 and 1/10

46. Which strategy is NOT advisable for an overweight woman during pregnancy?

- a. Following a weight-loss diet during pregnancy
b. Limiting excessive weight gain during pregnancy
c. Postponing weight loss until after pregnancy
d. Achieving a healthy weight before becoming pregnant

47. Which dietary approach is recommended for the management of hypertension?

- a. High-sodium, high-fat diet b. Atkins diet c. DASH diet d. Ketogenic diet

48. A normal duration of pregnancy is:

- a. 30 weeks b. 38 to 42 weeks c. 40 weeks d. 35 to 40 weeks

49. Qualitative measurements in nutritional assessment include:

- a. Information collection b. 24-hour dietary recall c. Interview and case study d. All of the above

50. In the Transtheoretical Model, a client who has maintained dietary changes for over 6 months is in the:

- a. Termination stage b. Preparation stage c. Maintenance stage d. Action stage

51. The international system (SI) derived unit of energy is:

- a. Joule (J) b. Kilocalorie (kcal) c. DRI d. Calorie (cal)

52. An additional supply of how many kilocalories per day is required for a lactating mother?

- a. 200 kcal/day b. 800 kcal/day c. 1200 kcal/day d. 500 kcal/day

53. Which screening tool is commonly used to assess nutritional risk in hospitalized patients?

- a. GCS b. APGAR score c. NRS-2002 d. Mini Mental State Examination

54. Vitamin B12 RDA for adults is:

- a. 2.6 µg/day b. 2.4 µg/day c. 2.2 µg/day d. 2.0 µg/day

55. Food passes through the stomach directly into:

- a. The heart b. The large intestine c. The pancreas d. The small intestine

56. The average number of years lived by people in a given society is known as:

- a. Life expectancy b. Life span c. Longevity d. Chronological age

57. When a sperm cell joins a female egg, the result is called:

- a. Conception b. Uterus c. Ovum d. Zygote

58. Which of the following is a water-soluble vitamin?

- a. Vitamin A b. Vitamin C c. Vitamin D d. Vitamin K

59. Carbonated beverages have been linked with:

- a. Kidney stones b. Kidney disease c. Hypertension d. All of the above

60. Which best describes a dietitian's role in patient-centered counselling?

- a. Focusing only on weight loss outcomes
- b. Avoiding follow-up sessions
- c. Collaborating with the client to set realistic, individualized goals
- d. Dictating a strict meal plan without discussion

61. The Subjective Global Assessment (SGA) is a tool used for:

- a. Measuring blood glucose levels
- b. Nutritional status assessment
- c. Calculating energy expenditure
- d. Assessing physical activity levels

62. Scurvy is caused by deficiency of:

- a. Vitamin A b. Vitamin D c. Thiamine d. Vitamin C

63. Rickets is characterized by:

- a. Both bowed legs and knocked knees b. Swollen joints only c. Bowed legs only d. Knocked knees only

64. Early signs of cataract development include:

- a. Filmy vision b. Cloudy vision c. Seeing a halo around lights d. All of the above

65. Active listening, empathy, and open-ended questions are core skills in:

- a. Stimulus control b. Nutrition counselling c. Relapse prevention d. Cognitive restructuring

66. Which hormone is primarily responsible for stimulating appetite?

- a. Ghrelin b. Leptin c. Adiponectin d. Insulin

67. Which anti-nutrient present in leafy vegetables inhibits calcium absorption?

- a. Zinc b. Vitamin C c. Potassium d. Oxalate

68. A severe, life-threatening allergic reaction is called:

- a. Nausea b. Bloating c. Anaphylaxis d. Food intolerance

69. Which nutrients are most likely to be affected by food processing and storage?

- a. Vitamins b. Fats c. Proteins d. Carbohydrates

70. Which of the following is a characteristic feature of Kwashiorkor but NOT Marasmus?

- a. Muscle wasting b. Growth retardation c. Pitting edema d. Weight loss

71. Night blindness is an early sign of deficiency of which vitamin?

- a. Vitamin C b. Vitamin A c. Vitamin D d. Vitamin K

72. NDD stands for:

- a. Nutritional Dysphagia Diet
b. Nutrient-enhanced Dysphagia Diet
c. Normal Dysphagia Diet
d. National Dysphagia Diet

73. People who regularly smoke cigarettes need an additional amount of 35 mg/day of:

- a. Vitamin A b. Vitamin D c. Vitamin C d. Protein

74. Which vitamin improves calcium absorption in the intestine?

- a. Vitamin D b. Vitamin C c. Phytates d. Vitamin A

75. The hypothalamus regulates thyroid hormone release from the:

- a. Adrenal gland b. Pituitary gland c. Kidneys d. Thymus gland

76. Iron RDA during pregnancy is:

- a. 17 mg/day b. 25 mg/day c. 29 mg/day d. 27 mg/day

77. In dietary counselling, which technique helps a client identify personal triggers that lead to unhealthy eating?

- a. Stimulus control b. Positive reinforcement c. Cognitive restructuring d. Goal setting

78. Which protein forms connective tissues, bones, and teeth?

- a. Omega-3 fatty acids b. Niacin c. Collagen d. Pantothenic acid

79. High intake of which nutrient is advised to prevent constipation?

- a. Meat b. Dietary fiber c. Fish d. Refined grains

80. The most common type of dementia is:

- a. Vascular dementia b. Parkinson's disease c. Frontotemporal dementia d. Alzheimer's disease

81. What is 15% of 200?

- a. 20 b. 25 c. 30 d. 35

82. Simplify: $5 + 3 \times 2 - 4$

- a. 7 b. 8 c. 10 d. 9

83. What is the value of $\frac{3}{4} + \frac{1}{2}$?

- a. $\frac{4}{6}$ b. $\frac{7}{8}$ c. 1 d. $\frac{5}{4}$

84. If a rectangle has length 8 cm and width 5 cm, its area is:

- a. 13 cm² b. 40 cm² c. 26 cm² d. 80 cm²

85. What is the LCM of 4 and 6?

- a. 12 b. 18 c. 8 d. 24

86. Solve for x: $2x - 4 = 10$

- a. 5 b. 6 c. 8 d. 7

87. If 5 workers can complete a job in 8 days, how many days will 10 workers take?

- a. 2 b. 8 c. 4 d. 16

88. What is the next number in the series: 2, 4, 8, 16, ?

- a. 18 b. 32 c. 24 d. 36

89. Convert 0.75 to a fraction:

- a. $\frac{3}{5}$ b. $\frac{7}{5}$ c. $\frac{4}{5}$ d. $\frac{3}{4}$

90. The radius of a circle is 7 cm. Its diameter is:

- a. 7 cm b. 10 cm c. 14 cm d. 21 cm

91. Choose the synonym of 'Reluctant':

- a. Hesitant b. Willing c. Enthusiastic d. Eager

92. If I _____ rich, I would travel the world.

- a. Be b. Were c. Was d. Am

93. Choose the synonym of 'Frugal':

- a. Wasteful b. Extravagant c. Thrifty d. Lavish

94. Choose the synonym of 'Concise':

- a. Lengthy b. Detailed c. Verbose d. Brief

95. They _____ their homework before dinner.

- a. Have been completing b. Completed c. Completing d. Has completed

96. Choose the synonym of 'Abundant':

- a. Plentiful b. Scarce c. Empty d. Rare

97. Choose the synonym of 'Meticulous':

- a. Casual b. Reckless c. Negligent d. Careful

98. By the time we arrived, the meeting _____.

- a. Start b. Had started c. Starts d. Will start

99. The book is lying _____ the table.

- a. On b. At c. Above d. Up

100. Choose the synonym of 'Genuine':

- a. False b. Fake c. Authentic d. Artificial

Answer Key

1	A	21	B	41	C	61	B	81	C
2	B	22	D	42	D	62	D	82	A
3	C	23	A	43	A	63	A	83	D
4	C	24	B	44	B	64	D	84	B
5	B	25	C	45	D	65	B	85	A
6	D	26	D	46	A	66	A	86	D
7	C	27	A	47	C	67	D	87	C
8	D	28	C	48	B	68	C	88	B
9	A	29	B	49	D	69	A	89	D
10	C	30	D	50	C	70	C	90	C
11	B	31	C	51	A	71	B	91	A
12	D	32	D	52	D	72	D	92	B
13	C	33	B	53	C	73	C	93	C
14	A	34	A	54	B	74	A	94	D
15	D	35	D	55	D	75	B	95	B
16	B	36	C	56	A	76	D	96	A
17	A	37	A	57	A	77	A	97	D
18	B	38	B	58	B	78	C	98	B
19	C	39	C	59	D	79	B	99	A
20	D	40	D	60	C	80	D	100	C