**Note**

All questions consist of 100 MCQs out of which 60-70% of questions are from the Basic domain of Human Nutrition and Dietetics. Further, 10-15% of questions are from the English domain, 10-15% of questions are from the Mathematics section and 5-10% are for cognitive skills.

Date: \_\_\_\_\_\_\_\_\_

**Admission Test**

**MS Human Nutrition & Dietetics**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Reference ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Marks Obtain: \_\_\_\_\_\_\_\_\_\_\_

1. Mr. Ahmed chooses a chicken leg that provides 0.5 milligram of iron and 95 kcalories instead of two table spoons of peanut butter that also provide 0.5 milligram of iron but 188 kcalories is using the principle of nutrient:

a) Control.

b) Density.

c) Adequacy.

d) Moderation

1. 49 years old black African male smoker with positive family history of hypertension

presented with history of constant headache. His blood pressure was 160/100 mmHg. The

modifiable risk factor in this particular case is

a) Male sex

b) African race

c) Positive family history

d) Smoking

e) Age

1. Meats are good sources of the mineral \_\_\_\_\_\_\_\_\_\_\_\_, but poor sources of the mineral

\_\_\_\_\_\_\_\_\_\_\_.

a) Iron, Calcium

b) Riboflavin, Calcium

c) Calcium, Zinc

d) Zinc, Iron

1. Diagnosis of iron deficiency can be complicated by concurrent infection since many

markers of iron status are altered by infection. Which of the following combinations of

iron status markers is likely to be found in a person with both iron deficiency and a

severe infection?

a) Low haemoglobin, high ferritin, high serum transferrin receptors, high hepcidin

b) Low haemoglobin, low ferritin, high serum transferrin receptors, low hepcidin

c) Low haemoglobin, low ferritin, normal serum transferrin receptors, high hepcidin

d) Low haemoglobin, low ferritin, low serum transferrin receptors, high hepcidin

1. Contrary to popular belief, the level of \_\_\_\_\_\_\_\_\_\_\_\_\_ in poultry is similar to that of

other meats.

a) Carbohydrate

b) White meat

c) Cholesterol

d) Fiber

1. Mr. Aqeel is consuming 2200 kcalories a day who wants to meet health recommendations

should limit daily fat intake to:

a) 20 to 35 grams.

b) 50 to 85 grams.

c) 75 to 100 grams.

d) 90 to 130 grams.

1. According to established scientific definitions, how many calories are in one nutritional “Calorie”?
2. 1
3. 10
4. 1000
5. 20000
6. Personal Hygiene is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. OPRP
8. PRP
9. Control Point
10. CCP
11. A new soda (Sweet'n'Crunchy™) contains 1,000,000 grams of sugar per serving. One serving is equal to 8 ounces. The bottle contains 80 ounces. How many grams of sugar would you swallow if you drink the whole bottle?
12. 500,000 g
13. 1,000,000 g
14. 2,000,000 g
15. 10,000,000 g
16. \_\_\_\_\_\_\_\_\_\_ is made by churning pasteurized cream.
17. butter
18. ice cream
19. yogurt
20. milk
21. . What happens when insulin is released by the pancreas?
22. The glucose levels in the blood go down.
23. The glucose levels in the blood go up.
24. Glucagon is released by all the cells of the body.
25. Glucose is released by all the cells of the body.
26. Type I Diabetes Mellitus is a condition in which...
27. the pancreas makes too much glucagon
28. the stomach cannot digest sugar
29. he pancreas makes too much insulin
30. the pancreas makes little or no insulin
31. Which of the following is a sugar alcohol?
32. Glucose
33. stearic acid
34. xylitol
35. sucrose
36. Lactic acid bacteria and propionic acid bacteria produces \_\_\_\_\_\_\_\_\_\_\_ cheese.
37. cheddar
38. mozzarella
39. swiss
40. none of above
41. Which of the following is NOT a known advantage of including fiber in the diet?
42. Reduced risk of brain cancer.
43. Prevents constipation and diarrhea
44. Reduces hunger by making you feel full longer.
45. None of these
46. Cold sterilization refers to the preservation of food by\_\_\_\_\_\_\_\_\_\_\_.
47. Refrigeration
48. Radiation
49. Dehydration
50. Lyophilization
51. What do we get when we break down a triglyceride?
52. 3 fatty acids and glycerol
53. 3 fatty acids and glucose
54. 2 fatty acids and cholesterol
55. 2 fatty acids and glycerol
56. In an omega-3 fatty acid, where do we expect to see a double bond ?
57. Between the 1st and second carbons from the end.
58. Between the 3rd and 4th carbons from the end.
59. Between the omega carbon and the alpha carbon
60. Between all of the carbons.
61. Which of the following is NOT found in all amino acids?
62. An -NH3 group.
63. An organic acid group.
64. An “R” group.
65. A chain of four carbons in a row.
66. Which of the following is an essential amino acid?
67. Fatty acids
68. Valine
69. Alanine
70. Glycine
71. Staphylococcus aureus causes:
    1. Food borne infection
    2. Poor food quality
    3. Sweet odour
    4. Food borne intoxication
72. Which of the following does NOT contribute to a specific protein's individual proprties and functions in the body?
73. Shape
74. Color
75. sequence of amino acids
76. arrangement of charges, and regions of polarity or non-polarity.
77. A list of ingredients must be included on a food label. The first ingredient listed is by

amount of its\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Percent protein
2. Grams of carbohydrates
3. Total weight
4. Fat content
5. Which one of the following gut hormones is responsible for promoting appetite?
6. Leptin
7. Grehlin
8. CCK
9. Insulin
10. What \_\_\_\_\_ you \_\_\_\_\_ at the weekend?
    1. Does / does
    2. Do / does
    3. Does / do
    4. Do / do
11. What \_\_\_\_\_\_\_\_ doing?
    1. Are they
    2. Do they
    3. Does they
    4. Is they
12. I don’t know who \_\_\_\_\_\_\_\_ chocolate.
    1. Is liking
    2. Like
    3. Are liking
    4. Likes
13. Choose synonym of **“investigation”.**
    1. Option
    2. Question
    3. Expression
    4. Search
14. Choose synonym of **“explain”.**
    1. Mix
    2. Define
    3. Protest
    4. Drain
15. Choose synonym of **“crazy”.**
    1. Cruel
    2. Chubby
    3. Wild
    4. Mad
16. Choose antonym of **“leave”.**
    1. Arrive
    2. Desert
    3. Separate
    4. Abandon
17. Choose antonym of **“high”.**
    1. Low
    2. Tall
    3. Important
    4. Powerful
18. Choose antonym of **“brave”.**
    1. Heroic
    2. Bold
    3. Keen
    4. Cowardly
19. Choose antonym of **“behind”.**
    1. Near
    2. Far
    3. In front of
    4. On
20. If A completes a particular work in 8 days and B completes the same work in 24 days. How many days will it take if they work together?
    1. 4
    2. 5
    3. 6
    4. 7
21. What comes next in the sequence: 1, 3, 11, 43, \_\_\_\_?
    1. 161
    2. 171
    3. 181
    4. 191
22. What is the distance travelled by a car which travelled at a speed of 80 km/hr for 3 hours and 30 minutes?
    1. 275 KM
    2. 280 KM
    3. 285 KM
    4. 290 KM
23. In a class of 40 students 20% are girls. How many boys are there in the class?
    1. 26
    2. 28
    3. 30
    4. 32
24. What comes next in the sequence: 2, 4, 10, 28, \_\_\_?
    1. 64
    2. 70
    3. 76
    4. 82
25. 0.003 × 0.0004 =?
    1. 0.0012
    2. 0.00012
    3. 0.000012
    4. 0.0000012
26. If A completes a particular work in 4 days and B completes the same work in 12 days. How many days will it take if they work together?
    1. 1
    2. 2
    3. 3
    4. 4
27. If the sum of two numbers is 16, and their product is 63. Then the larger number is:
    1. 9
    2. 10
    3. 11
    4. 12
28. What is the number, if 40% of the number is 380?
    1. 930
    2. 935
    3. 940
    4. 950
29. Through which action children learn fast?
    1. Facial expression
    2. Walk
    3. Watch
    4. Writing
30. Teacher should read other books also except course-books. What will be the benefit of it?
    1. They can use their best time
    2. They will get satisfaction and teach well
    3. Knowledge will be overall developed and they teach well
    4. People will know him as best teacher due to his way of teaching
31. If 6 men can complete a work in 15 hours. Then how many hours it will take if 10 men working on the same speed completes the work?

a. 7

b. 8

c. 9

d. 10

1. In the exam 45% students failed and 550 students were successful. The total number of students who appeared in the exam were:
2. 1000
3. 900
4. 1500
5. 800
6. A’s mother is twice as old as A’s brother. A is 6 years younger than his brother but 4 years older than his sister. If A’s sister is 15 his mother’s age is:
7. 40
8. 45
9. 42
10. 50
11. Three families, P, Q and R, share 480 kg of rice, Q receives twice as much rice as P and R receives half as much rice as Q. How much rice does family Q gets?
12. 220 kg
13. 230 kg
14. 240 kg
15. 250 kg
16. The number, whose 17% is 51, is
17. 200
18. 100
19. 300
20. 210