

Questions and Answer key of the written examination held on 28.02.2016 for the post of Assistant Dietitian in Regional Cancer Centre, Thiruvananthapuram

Directions (Qn. 1 to 60) : Choose the best alternatives

1. Which among the following is **NOT** a macronutrient?
a. fats b. proteins c. carbohydrates **d. vitamins**
2. 1 gm of protein provides energy of
a. 9 Kcal **b. 4 Kcal** c. 6 Kcal d. 10 Kcal
3. Which among the following is NOT a nutritional deficiency disease?
a. Diabetes Mellitus b. Thyroid disorders
c. Anemia d. Osteomalacia
4. How much of the daily requirements should be provided by the basic breakfast?
a. > 20% **b. > 30%** c. > 25% d. > 35%
5. Which of the following are NOT affected or changed much by heat?
a. carbohydrates b. proteins **c. fats** d. vitamins
6. Which of the following should be boiled thoroughly?
a. cereals **b. pulses** c. green leafy vegetables d. fish
7. What should we NOT do to retain maximum vitamins?
a. wash fruits and vegetables after peeling
b. avoid soaking in water
c. cook in minimum quantity of water
d. use shortest cooking time
8. Which of the following is NOT a Class I preservative?
a. sugar b. honey c. common salt **d. benzoates**
9. Which of the following milk borne disease comes indirectly from animals?
a. typhoid b. brucellosis c. anthrax d. streptococcal infection
10. Taking the infant away from breast gradually by shifting to other foods is called
a. fortifying b. supplementing **c. weaning** d. lactating
11. Which of the following groups of vitamins is fat soluble?
a. A, B, E, K **b. A, D, E, K** c. A, B, D, K d. C, D, E, K

12. Which of the following vitamins regulate serum level of calcium and phosphate?
a. Vitamin A b. Vitamin B1 **c. Vitamin D** d. Vitamin K
13. Which of the following is a structural component of bones and teeth
a. calcium b. phosphorous c. magnesium **d. all of the above**
14. The clinical form of protein energy malnutrition are
a. fever and bronchitis b. measles and mumps
c. kwashiorkor and marasmus d. anemia and diarrhea
15. Lathyrism (paralyzing disease of humans and animals) is caused due to consumption of
a. khesari dal b. urd dal c. rice flakes d. moong dal
16. During pregnancy period, a woman gains her weight from
a. 5 – 8 kg b. 7 – 10 kg **c. 9 – 12 kg** d. 11 – 14 kg
17. Which of the following cardiovascular change occurs in old age?
a. atherosclerosis b. decreased cardiac output
c. hypertension **d. all of the above**
18. Xerophthalmia occurs due to deficiency of
a. Vitamin B b. Vitamin K c. Vitamin E **d. Vitamin A**
19. Aim of diet therapy in chronic renal failure is
a. restrict protein intake b. improve hydration
c. increase potassium intake d. improve nutritional status
20. Treatment modality of cancer which may cause sore throat, nausea, vomiting and indigestion as common side effects.
a. chemotherapy b. radio therapy c. surgical therapy **d. both a and b**
21. Retention of faeces in colon beyond normal time is called
a. colic **b. constipation** c. diarrhea d. indigestion
22. Body Mass Index is calculated by
a. Weight (gm)/Height (cm)² **b. Weight (kg)/Height (m)²**
c. Weight (kg)/Height (m) d. Weight (lb)/Height (m)
23. Patients with oxalate stones has to strictly stop intake of
a. spinach b. orange c. fish d. red meat

24. Food source of Omega 3 fatty acids are
a. milk **b. sardines** c. oats d. oranges
25. The desirable range of serum cholesterol value is
a. 150 – 200 mg% b. 100 – 150 mg%
c. < 100 mg % d. 200 – 250 mg%
26. Vitamin D deficiency causes
a. Marasmus b. Diarrhea **c. Rickets** d. Pellagra
27. For proper functioning of thyroid gland which mineral has to be added in small quantities in our diet?
a. Iron b. Calcium **c. Iodine** d. Fluorine
28. Which of the following nutrients is needed to build and maintain the structural components of the body?
a. carbohydrates **b. protein** c. fat d. fibre
29. Which of these nutrients is the preferred energy source for the body?
a. B-complex vitamins **b. Carbohydrates**
c. Fats d. Fatty acids
30. Nutrient that helps for making hormones, healthy skin and to make cell membrane
a. fat b. carbohydrate c. fibre d. vitamin B12
31. Vitamin A is essential for
a. blood coagulation b. calcium absorption
c. absorb nutrients **d. healthy vision**
32. An example of high soluble dietary fibre rich food item is
a. oats b. nuts c. meat d. egg
33. Proteins are made of
a. amino acid b. fatty acid c. nucleic acid d. sugar
34. Good source of B vitamins
a. milk and milk products b. fish products
c. mushrooms d. sunlight

35. Group of risk factors – high B.P, high blood sugar, high cholesterol level is called
- a. **Metabolic syndrome**
 - b. Marfan syndrome
 - c. Coronary artery disease
 - d. Chronic liver disease
36. Which among the following is a good source of carbohydrate?
- a. fish and meat
 - b. eggs
 - c. **rice**
 - d. milk
37. Which of the following is the most important indicator of under nutrition?
- a. dry and scaly skin
 - b. **loss of weight**
 - c. low activity level and fatigue
 - d. frequent infections
38. Malnutrition among children can be prevented by
- a. eating an apple every day
 - b. eating costly fortified foods in market
 - c. **eating locally available fresh and nutritious diet**
 - d. all of the above
39. If the birth weight of a baby is 3 kg at birth what should be weight of baby at the age of 2 years?
- a. 10 kg
 - b. **12 kg**
 - c. 9 kg
 - d. 16 kg
40. Among the foods mentioned below select the foods rich in vitamin A
- a. egg
 - b. tapioca
 - c. rice
 - d. **carrot**
41. Which of the following is a good source of iron and calcium?
- a. wheat porridge with sugar
 - b. **ragi porridge with jaggery**
 - c. rice porridge with sugar
 - d. oats porridge with sugar
42. Exclusive breast feeding is insisted up to
- a. 3 months
 - b. 4 months
 - c. **6 months**
 - d. 8 months
43. A healthy mother should breast feed her baby upto
- a. **2 years**
 - b. 1 year
 - c. 1 year 6 months
 - d. 6 months
44. Adulteration is
- a. addition of some base substance
 - b. removal of a vital element
 - c. conceal the quality
 - d. **all of the above**
45. Which of the following food standard is international?
- a. ISI standards
 - b. The AGMARK standards
 - c. PFA standards
 - d. **CODEX Alimentarius**

46. Which among the following is NOT a food additive?
a. saffron b. vanilla essence c. argemone oil **d. saccharin**
47. Diet prescribed in gastric or duodenal ulcers are called
a. Modified diet **b. Bland diet** c. DASH diet d. Balanced diet
48. In the absence of bile salts, bulk of the unabsorbed fat excreted in the stool is called as
a. malena b. ketonaemia **c. steatorrhea** d. diarrhea
49. Fat depot of body is
a. liver b. muscles **c. adipose tissue** d. skin
50. The disease in which plaques form in walls of major arteries is called
a. Atheroma b. Arteritis
c. Athero sclerosis d. Angioma
51. Disturbances in lipid metabolism lead to
a. fatty liver b. hepatitis c. jaundice d. encephalopathy
52. Edema due to hypoproteinemia is seen in following conditions EXCEPT
a. nephrotic syndrome b. malabsorption syndrome
c. malnutrition **d. rheumatoid arthritis**
53. Hepatic disease leads to major elevation of
a. biliverdin **b. total bilirubin** c. direct bilirubin d. heam
54. Which vitamin acts as an antioxidant?
a. Vitamin K **b. Vitamin E** c. Niacin d. Pyridoxine
55. Tetany is caused by
a. low calcium level b. low sodium level
c. low glucose level d. low hemoglobin level
56. The richest source of calcium
a. sesame seeds **b. dried small fish**
c. skimmed milk powder d. none of the above
57. Which vitamin is administered as an intramuscular injection in new borns?
a. Vitamin C **b. Vitamin K** c. Vitamin A d. Vitamin D

58. Cooking below the boiling point as in case of meat and fish to prevent hardening of fibre is called
- a. stewing **b. simmering** c. roasting d. baking
59. A person suffering from swollen and bleeding gums with poor teeth requires
- a. Vitamin A **b. Vitamin C** c. Vitamin D d. Niacin
60. Deficiency of vitamin C causes
- a. beri beri b. kwashiorkor
c. scurvy d. osteo malacia

Directios (Qn. 61 to 64) : Pickout the nearest correct meaning or synonym of the words given below.

61. HARMONY
- a. cemetery b. ceremony c. **symmetry** d. hierarchy
62. ADVICE
- a. council **b. counsel** c. practice d. proposal
63. FACULTY
- a. privilege b. desire c. branch **d. ability**
64. ANNEX
- a. **add** b. low c. copy d. initial

Directions (Qn. 65 to 67) : Choose the option which contains a pair of words related to each other in the same way as the pair given in capital letters.

65. TORCH: LIBERTY
- a. Laws: Courts **b. Scales: Justice**
c. Balance: Equity d. Weights: Measure
66. MONEY: BANK
- a. Fear: Tremble **b. Arrows: Quiver**
c. Sound: Music d. Coin: Mint
67. KING: CROWN
- a. **Priest: Mitre** b. Soldier: Gun
c. Teacher: Chalk d. Sculptor: Chisel

Directions (Qn. 68 to 70) : In the given sentences, a part of the sentences is underlined. Beneath each sentences, four different ways of phrasing the underlined part are indicated. Choose the best alternative

68. We want the teacher to be him who has the best rapport with the students
- a. **We want the teacher to be he** b. We want him to be the teacher
c. We desire the teacher to be him d. We anticipate the teacher to be him
69. Anyone interested in the use of computer can learn much if you have access to a state-of –the –art microcomputer
- a. **if he has access to** b. if access is available to
c. by access to d. from access to
70. Today this is a totally different world than we have seen in the last decade.
- a. than what we seen b. then we have seen
c. from what we seen d. **from what we have seen**

Directions (Qn. 71 and 72) : In each of the following questions, there is a certain relationship between two given words on one side of : : and one word is given on another side of : : while another word is to be found from the given alternatives, having the same relation with this word as the words of the given pair bear. Choose the correct alternative.

71. Genuine : Authentic : : Mirage: ?
- a. Image b. Transpiration c. Reflection d. **Illusion**
72. Bread : Yeast : : Curd: ?
- a. Fungi b. **Bacteria** c. Germs d. Virus

Directions (Qn. 73 and 74) : In each of the following questions, one term in the number series is wrong. Find out the wrong term.

73. 380, 188, 92, 48, 20, 8, 2
- a. 188 b. 92 c. **48** d. 20
74. 56, 72, 90, 110, 132, 150
- a. 72 b. 90 c. 110 d. **150**

Directions (Qn. 75 to 80) : Choose the best alternatives.

75. In a certain code, '256' means 'you are good'; '637' means 'we are bad' and '358' means 'good and bad'. Which of the following represents 'and' in that code ?
- a. 2 b. 5 c. **8** d. 3

76. E is the son of A. D is the son of B. E is married to C. C is B's daughter. How is D related to E?
 a. Brother b. Uncle c. Father-in-law **d. Brother-in-law**
77. Five girls are sitting in a row. Rashi is not adjacent to Sulekha or Abha. Anuradha is not adjacent to Sulekha. Rashi is adjacent to Monika. Monika is at the middle in the row. Then, Anuradha is adjacent to whom out of the following ?
a. Rashi b. Sulekha c. Abha d. Monika
78. In a class, ratio of passed to failed students in an exam is 5:1. Amit is 16th from the top and Sujit, who is three ranks below Amit, is 22nd from the bottom among the passed students. If all students in the class had appeared for the exam, what is the strength of the class?
 a. 40 b. 32 **c. 48** d. Data Inadequate
79. The sum of the ages of a son and father is 48 years. After 4 years, the age of the father will be 3 times that of the son. What is the age of the son?
 a. 6 b. 18 **c. 10** d. None of these
80. Shyam starts walking towards East and after walking 20m, turns southward and walks 10 m and then he turns to his right and walks 30m. In which direction is he now with respect to the starting point?
 a. South b. West c. South-East **d. South-West**

Directions (Qn. 81 to 85): In each of the following questions, four groups of letters are given, Three of them are alike in a certain way while one is different. Select the one which is different.

81. a. **STUA** b. RQPA c. MLKA d. HGFA
82. a. RSXY **b. NOUV** c. MNST d. DEJK

Directions (Qn. 83 to 85) : Choose the best alternatives.

83. A thief steals a car at 1p.m. and drives at 20 km/hr. The theft is discovered at 2 p.m. If the owner sets of another car at 30 km/hr, then he will overtake the thief at:
 a. 2.40 pm b. 3.20 pm **c. 4.00 pm** d. 4.20 pm
84. If 15 men and 10 boys can do in one day as much work as 12 men and 20 boys. How much should a man be paid a day if a boy is to get Rs. 10/- a day ?
 a. Rs. 26.77 **b. Rs. 33.33** c. Rs. 45 d. None of these
85. A farmer notices that the area of his farm in sq.mts is equal to 2 times the square of the number of tractors he owns. If one tractor is stolen he has to sell 62 sq.mts of the farm so as to maintain the relationship. Find the total number of tractors he has.
 a. 14 b. 15 **c. 16** d. 17

Directions (Qn. 86 to 100) : Choose the best alternatives

86. Performing 'Sati' by women was declared illegal during the Governor Generalship of :
- a. **William Bentinck**
 - b. Dalhousie
 - c. Canning
 - d. Cornwallis
87. Who was the first Indian to win an individual medal in Olympics?
- a. Milkha Singh
 - b. P. T. Usha
 - c. Karnam Malleshwari
 - d. **K. D. Jadhav**
88. How many countries share land boundaries with India?
- a. Five
 - b. Six
 - c. **Seven**
 - d. Nine
89. An ordinance promulgated by the President of India
- a. Has an indefinite life
 - b. Effective only if the Lok Sabha is dissolved
 - c. **Must be laid before the Parliament when it meets**
 - d. is a parallel power of legislation available to the president even when the Parliament is in session
90. Council of ministers has to resign if it loses the confidence of :
- a. Parliament
 - b. either House of Parliament
 - c. Rajya sabha
 - d. **Lok Sabha**
91. Which of the following was awarded Noble Peace for three times?
- a. Human Rights Council
 - b. World Bank
 - c. **International Committee of the Red Cross**
 - d. UN peacekeeping forces
92. Which of the countries represent letter 'C' in the category known as BRIC Countries?
- a. Canada
 - b. Chile
 - c. Cuba
 - d. **China**
93. A solar eclipse is caused when the
- a. Sun comes between the earth and the moon
 - b. moon comes between the sun and the earth
 - c. **earth comes between the sun and the moon**
 - d. none of these
94. Chinese currency Yuan was in news during the last week of December 2015. Yuan is also known as:
- a. **Renminbi**
 - b. Abbasi
 - c. Toman
 - d. Pataca
95. The rate at which banks borrow rupees from RBI is
- a. **Repo rate**
 - b. Reverse Repo rate
 - c. Bank rate
 - d. Simple interest rate

96. Who started the first newspaper in India?
- a. Dadabhai Naoroji b. Sir Syed Ahemed Khan
c. **James Hickey** d. Raveendra Nath Tagore
97. The Olympic games are normally held at an interval of
- a. 2 years b. 3years **c. 4 years** d. 5 years
98. Which metal is used for generation of Nuclear Energy by Nuclear power plants
- a. Zinc b. Platinum c. **Uranium** d. Nickel
99. The country which has no income tax
- a. Nepal b. Afganistan
c. China d. **United Arab Emirates**
100. Where is Harappa situated, according to the present map?
- a. India b. Afganistan c. **Pakistan** d. China