

FINAL ANSWER KEY

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Question1:-The person who has been appointed as UN women's advocate for gender equality and Women's Empowerment in India

- A:-Deepika Padukone
- B:-Aiswarya Rai
- C:-Aiswarya Rajinikanth
- D:-Madhuri Dixit

Correct Answer:- Option-C

Question2:-Mission Indradhanush launched by Union Ministry of India is a

- A:-Army Equipment Programme
- B:-Literary Mission
- C:-Rainwater harvesting
- D:-Immunisation programme

Correct Answer:- Option-D

Question3:-The theme of 'Swach Bharatha Special Campaign' is being organised by the ministry of drinking water and sanitation through out August 2016.

- A:-Freedom from open defecation
- B:-Liberation from open defecation
- C:-Freedom from open excretion
- D:-Liberation from open excretion

Correct Answer:- Option-A

Question4:-The first state to introduce Online Lottery System

- A:-Kerala
- B:-Sikkim
- C:-Gujarath
- D:-Andhra pradesh

Correct Answer:- Option-B

Question5:-Recently which Indian Cricketer has been conferred with honorary life member of the Merylebone Cricket Club

- A:-Mahindra Dhoni
- B:-Virendar Sehwag
- C:-Zaheer Khan
- D:-Rahul Dravid

Correct Answer:- Option-C

Question6:-Which one of the following works belongs to Sree Narayana Guru?

- A:-Abhinava Kerala
- B:-Adwaita Panjaram
- C:-Arul nul
- D:-Atmopadesha Satakam

Correct Answer:- Option-D

Question7:-'Samatwa Samajam' was founded by

- A:-Vaikunda Swamikal
- B:-Ayyankali
- C:-K. Kelappan
- D:-T.K. Madhavan

Correct Answer:- Option-A

Question8:-Chattampi Swamikal was born at

- A:-Patyam in Kannur
- B:-Kollur in Trivandrum
- C:-Venganore in Trivandrum
- D:-Sasthamkovil in Kanyakumari

Correct Answer:- Option-B

Question9:-The Arabic-Malayalam monthly Al-Islam was published by

A:-Vadakkeveetil Muhammed

B:-Vakkom Abdul Khadar Maulavi

C:-K. Ramakrishna Pillai

D:-Gandhiji

Correct Answer:- Option-B

Question10:-The Guruvayur Satyagraha was occurred in

A:-1924-25

B:-1929-30

C:-1931-32

D:-1947-48

Correct Answer:- Option-C

Question11:-The smallest bird sanctuary in Kerala

A:-Thattekad

B:-Mangalavanam

C:-Noornad

D:-Kumarakam

Correct Answer:- Option-B

Question12:-The study of mountains are called

A:-Orology

B:-Otology

C:-Wimnology

D:-Onehology

Correct Answer:- Option-A

Question13:-Father of Local self government in India

A:-Lord Curzon

B:-Lord Delhousie

C:-Lord Canning

D:-Lord Ripon

Correct Answer:- Option-D

Question14:-Which atmospheric layer is most useful for human beings?

A:-Stratosphere

B:-Ionosphere

C:-Mesosphere

D:-Troposphere

Correct Answer:- Option-D

Question15:-Which of the following countries has the highest sex ratio?

A:-China

B:-India

C:-Latvia

D:-USA

Correct Answer:- Option-C

Question16:-Which one of the following clouds is an indicative of clear and dry weather?

A:-Altostratus

B:-Cirrus

C:-Cirros stratus

D:-Nimbo-Cumulus

Correct Answer:- Option-B

Question17:-The famous archeological site pattanam is located in

A:-Ernakulam

B:-Kollam

C:-Makppuram

D:-Kannur

Correct Answer:- Option-A

Question18:-The World Blood Donation Day

A:-June 14

B:-April 17

C:-July 14

D:-April 18

Correct Answer:- Option-A

Question19:-The painting 'Relief of Lucknow' which gives a pictorial image of 1857 revolt belongs to

A:-Campbell

B:-Joseph Noel Paton

C:-Thomas Jones Barker

D:-Colonel Inglis

Correct Answer:- Option-C

Question20:-The capital of Vijaya Nagar Empire

A:-Kanchi

B:-Madurai

C:-Bundhelkhand

D:-Hampi

Correct Answer:- Option-D

Question21:-Fructose is a _____.

A:-Aldopentose

B:-Ketohehexose

C:-Aldohehexose

D:-Ketopentose

Correct Answer:- Option-B

Question22:-Furanose ring structure has

A:-5 members

B:-6 members

C:-8 members

D:-10 members

Correct Answer:- Option-A

Question23:-The number of ATP produced by TCA cycle (Acetyl CoA to Oxaloacetate) as per modified calculation is

A:-25 ATP

B:-12.5 ATP

C:-10 ATP

D:-12 ATP

Correct Answer:- Option-C

Question24:-The cardinal symptoms of Kwashiorkor are

A:-Growth retardation, oedema and mental changes

B:-Muscle wasting, flag sign and monkey face

C:-Old man's face, wasting and oedema

D:-All of the above

Correct Answer:- Option-A

Question25:-Niacin is formed from

A:-Phenyl alanine

B:-Glycine

C:-Tyrosine

D:-Tryptophan

Correct Answer:- Option-D

Question26:-The coenzyme in transamination reactions are derivatives of which vitamin?

A:-Vitamin A

B:-Vitamin B1

C:-Vitamin B6

D:-Niacin

Correct Answer:- Option-C

Question27:-Which amino acid is considered semi essential?

A:-Histidine

B:-Phenyl alanine

C:-Valine

D:-Iso leucine

Correct Answer:- Option-A

Question28:-The two essential fatty acids are

A:-Linoleic acid and docosahexanoic acid

B:-Linoleic acid and eicosapentanoic acid

C:-Linoleic acid and linolenic acid
D:-Docosahexanoic acid and eicosapentanoic acid
Correct Answer:- Option-C

Question29:-Which of the following is not a fat soluble vitamin?

A:-Vitamin A
B:-Vitamin B
C:-Vitamin D
D:-Vitamin K

Correct Answer:- Option-B

Question30:-Riboflavin is synthesised by

A:-Bone marrow
B:-Liver
C:-Spleen
D:-Intestinal bacterial flora

Correct Answer:- Option-D

Question31:-Megaloblastic anemia is caused due to deficiency of

A:-Iron
B:-Folic acid
C:-Cobalamine
D:-Both (2) and (3)

Correct Answer:- Option-D

Question32:-Which base is absent in RNA?

A:-Adenine
B:-Guanine
C:-Thymine
D:-Uracil

Correct Answer:- Option-C

Question33:-Which of the following is not correctly matched?

A:-Pseudomonas - 20°C
B:-Psychrophiles - 15°C
C:-Thermophilic - 60° to 90°C
D:-Mesophiles - 37°C

Correct Answer:- Option-A

Question34:-The phase preceding stationary phase in a bacterial growth curve is

A:-Lag phase
B:-Log phase
C:-Death phase
D:-None of the above

Correct Answer:- Option-B

Question35:-Preservation of microorganisms in a freeze dried condition is known as

A:-Sterilization
B:-Sub culturing
C:-Lyophilisation
D:-Inoculation

Correct Answer:- Option-C

Question36:-Media that are made suitable by addition of serum, blood or glucose is known as

A:-Nutrient media
B:-Enriched media
C:-Natural media
D:-Culture media

Correct Answer:- Option-B

Question37:-The fungus known as bread mold is

A:-Mucor
B:-Penicillium
C:-Rhizopus
D:-Aspergillus

Correct Answer:- Option-C

Question38:-Eggs are selected for storage by

A:-Waxing

- B:-Oiling
- C:-Candling
- D:-None of them

Correct Answer:- Option-C

Question39:-As a result of oxidation, meat fat and butter fat become

- A:-Tallow
- B:-Discoloured
- C:-Supple
- D:-Dehydrated

Correct Answer:- Option-A

Question40:-The powerhouse of a cell is

- A:-Mitochondria
- B:-Ribosomes
- C:-Golgi complex
- D:-Nucleus

Correct Answer:- Option-A

Question41:-Muscle tissue is formed in the embryo from _____.

- A:-Ectoderm
- B:-Mesoderm
- C:-Endoderm
- D:-None of the above

Correct Answer:- Option-B

Question42:-Chyme is

- A:-Food mixed with saliva
- B:-Food mixed with gastric secretion
- C:-Food mixed with pancreatic enzymes
- D:-All of the above

Correct Answer:- Option-D

Question43:-Steatorrhea is seen in the impaired digestion and absorption of

- A:-Carbohydrates
- B:-Protein
- C:-Vitamins
- D:-Fat

Correct Answer:- Option-D

Question44:-The life span of RBC in the blood is

- A:-120 hours
- B:-12 days
- C:-120 days
- D:-12 weeks

Correct Answer:- Option-C

Question45:-The first clotting factor to be activated during intrinsic mechanism of blood coagulation is

- A:-Factor X
- B:-Factor II
- C:-Factor IX
- D:-Factor XII

Correct Answer:- Option-D

Question46:-Cellular immunity is provided by activation of which of the following?

- A:-T lymphocytes
- B:-B lymphocytes
- C:-Helper T cells
- D:-Plasma cells

Correct Answer:- Option-A

Question47:-The volume of air that enters and leaves the lungs at each natural resting breath is

- A:-Inspiratory reserve volume
- B:-Expiratory reserve volume
- C:-Tidal volume
- D:-Vital capacity

Correct Answer:- Option-C

Question48:-Active reabsorption of glucose and 67 of sodium occurs in

- A:-Proximal convoluted tubule
- B:-Distal convoluted tubule
- C:-Collecting duct
- D:-Glomerulus

Correct Answer:- Option-A

Question49:-Thirst centre of human body is located in

- A:-Pituitary
- B:-Hypothalamus
- C:-Medulla
- D:-Cerebrum

Correct Answer:- Option-B

Question50:-Neurons which carry impulses from sense organs to brain and spinal cord is

- A:-Efferent neurons
- B:-Afferent neurons
- C:-Inter neurons
- D:-None of the above

Correct Answer:- Option-B

Question51:-Cognition and co ordination of movements are controlled by which part of cerebrum?

- A:-Frontal lobe
- B:-Occipital lobe
- C:-Parietal lobe
- D:-Temporal lobe

Correct Answer:- Option-A

Question52:-Milk let down is stimulated by which of the following hormones?

- A:-Vassopressin
- B:-TSH
- C:-FSH
- D:-Oxytocin

Correct Answer:- Option-D

Question53:-Graves disease is a common form of

- A:-Hyperthyroidism
- B:-Hypothyroidism
- C:-Glucagon deficiency
- D:-Growth hormone deficiency

Correct Answer:- Option-A

Question54:-The follicular phase of menstrual cycle is followed by

- A:-Menstruation
- B:-Ovulation
- C:-Luteal phase
- D:-None of the above

Correct Answer:-**Question Cancelled**

Question55:-Provision of nutrients by tube feeding is termed as

- A:-Enteral nutrition
- B:-Parenteral nutrition
- C:-Total Parenteral nutrition
- D:-Blenderised feeding

Correct Answer:- Option-A

Question56:-Peyer's patches are found in which condition?

- A:-AIDS
- B:-Tuberculosis
- C:-Typhoid
- D:-Dengue fever

Correct Answer:- Option-C

Question57:-Which is regarded as the body weight regulatory hormone?

- A:-Glucagon
- B:-Follicular Stimulating Hormone
- C:-ACTH
- D:-Leptin

Correct Answer:- Option-D

Question58:-High risk of cardiovascular diseases is associated with a total cholesterol level of

A:-200 mg/dl

B:-220 mg/dl

C:-240 mg/dl

D:-180 mg/dl

Correct Answer:- Option-C

Question59:-The normal salt intake from mixed food sources per day for a normal person as per WHO is

A:-2 g

B:-3 g

C:-5 g

D:-6 g

Correct Answer:- Option-D

Question60:-The hypocholesterolemic effect of betaglacans can be obtained from which of the following?

A:-Fish

B:-Garlic

C:-Oats

D:-Fenugreek seeds

Correct Answer:- Option-C

Question61:-Helicobacter pylori mostly infects which part of the stomach?

A:-Duodenum

B:-Antrum

C:-Pylorus

D:-Corpus

Correct Answer:- Option-B

Question62:-A type of irritable bowel syndrome is

A:-Celiac disease

B:-Tropical sprue

C:-Crohn's disease

D:-Lactose intolerance

Correct Answer:- Question Cancelled

Question63:-According to WHO, the fasting plasma blood glucose level in a diabetic would be

A:-80-120 mg%

B:->120 mg%

C:->140 mg%

D:->200 mg%

Correct Answer:- Option-C

Question64:-The ratio of carbohydrate, protein and fat in a diabetic diet is

A:-60:20:20

B:-60:30:10

C:-70:10:20

D:-70:20:10

Correct Answer:- Option-A

Question65:-Vitamin C increases absorption of

A:-Mg

B:-Mn

C:-Fe

D:-Cu

Correct Answer:- Option-C

Question66:-A sodium restricted diet is recommended for

A:-Nephritis

B:-Nephrosis

C:-Cirrhosis

D:-All of the above

Correct Answer:- Option-D

Question67:-A low purine diet is prescribed for which of the following conditions?

A:-PEM

B:-Gout

C:-Cirrhosis

D:-Calculi

Correct Answer:- Option-B

Question68:-A diastolic pressure of 105-119 mm Hg is termed as

- A:-Mild hypertension
- B:-Moderate hypertension
- C:-Severe hypertension
- D:-Intermediate hypertension

Correct Answer:- Option-B

Question69:-Which of the following has the lowest glycemic index?

- A:-Bread
- B:-Idli
- C:-Ice cream
- D:-Groundnuts

Correct Answer:- Option-D

Question70:-Abdominal obesity in men is defined as

- A:->102 cm
- B:->88 cm
- C:->86 cm
- D:->108 cm

Correct Answer:- Option-A

Question71:-The food group at the base of food guide pyramid is

- A:-Fruits
- B:-Cereals
- C:-Fats and sugars
- D:-Vegetables

Correct Answer:- Option-B

Question72:-The protein composition of breast milk is

- A:-20 percent beta casein and 80 percent whey proteins
- B:-80 percent beta casein and 20 percent whey proteins
- C:-50 percent beta casein and 50 percent whey proteins
- D:-90 percent beta casein and 10 percent whey proteins

Correct Answer:- Option-A

Question73:-Softening and dissolution of cornea is termed as

- A:-Keratomalacia
- B:-Corneal xerosis
- C:-Bitot's spots
- D:-Conjunctival xerosis

Correct Answer:- Option-A

Question74:-The RDA for a pregnant woman as per ICMR (2010) is

- A:-38 mg
- B:-30 mg
- C:-35 mg
- D:-21 mg

Correct Answer:-**Question Cancelled**

Question75:-Each gram of protein yields _____ kilocalories of energy.

- A:-4 kcal
- B:-9 kcal
- C:-5 kcal
- D:-6 kcal

Correct Answer:- Option-A

Question76:-With increase age, the BMR _____.

- A:-fluctuates
- B:-increases
- C:-decrease
- D:-remain unchanged

Correct Answer:- Option-C

Question77:-Thiamin deficiency manifests as

- A:-Glossitis
- B:-Cheilosis
- C:-Scurvy

D:-Beriberi

Correct Answer:- Option-D

Question78:-The first step in conducting Nutrition Education is

A:-Formulation

B:-Conceptualisation

C:-Implementation

D:-Trials for improved practices

Correct Answer:- Option-B

Question79:-Consumption pattern of a specific nutrient can be best ascertained by

A:-24 hour recall

B:-Food frequency questionnaire

C:-Food list method

D:-Survey method

Correct Answer:- Option-B

Question80:-Anganwadis are grass root level agencies under

A:-ICDS

B:-ICAR

C:-ANP

D:-MMP

Correct Answer:- Option-A

Question81:-The word 'cover' in Food Service refers to

A:-Folded napkin

B:-Table cloth overlay

C:-Place mat for a guest

D:-Place setting for one guest

Correct Answer:- Option-D

Question82:-A server in training is called

A:-Captain

B:-Apprentice

C:-Front waiter

D:-Maitre

Correct Answer:- Option-B

Question83:-A menu of limited choice is called

A:-Table d' hote

B:-A La Carte

C:-Nouvelle cuisine

D:-Buffet

Correct Answer:- Option-A

Question84:-The simplest type of Food Service Organisation

A:-Staff organisation

B:-Line organisation

C:-Line and staff organisation

D:-Functional organisation

Correct Answer:- Option-B

Question85:-_____ is known as Father of Scientific Management.

A:-Frederick W. Taylor

B:-Henry Fayol

C:-Robert Owen

D:-Andrew Ure

Correct Answer:- Option-A

Question86:-Braising is a combination of

A:-Roasting and frying

B:-Frying and sautéing

C:-Roasting and stewing

D:-Frying and toasting

Correct Answer:- Option-C

Question87:-Which is the principal component of internal recruitment?

A:-Employment exchange

B:-Intermediaries

C:-Promotion from lower to upper rank

D:-Contact through present employees

Correct Answer:- Option-C

Question88:-Brainstorming sessions for acceptance of new idea comes under

A:-Verbal communication

B:-Written communication

C:-Audio visual communication

D:-Interactive communication

Correct Answer:- Option-D

Question89:-The ideal leadership style is

A:-Authoritarian

B:-Authoritative

C:-Democratic

D:-Laissez faire

Correct Answer:- Option-C

Question90:-Temperature for frozen storage is

A:-0 to -18°C

B:-16°C to 0°C

C:-20°C to 0°C

D:-0 to -15°C

Correct Answer:- Option-C

Question91:-Cooking of cereals with dry heat is called

A:-Gelatinisation

B:-Dextrinisation

C:-Retrogradation

D:-None of these

Correct Answer:- Option-D

Question92:-The only permitted inorganic preservative is

A:-Benzoic acid

B:-Sulphur dioxide

C:-Salt

D:-Salicylic acid

Correct Answer:- Option-B

Question93:-The time temperature combination for milk pasteurisation is

A:-62.8°C for 30 minutes

B:-71.7°C for 15 sec

C:-Both (1) and (2)

D:-Only (2)

Correct Answer:- Option-C

Question94:-Maple Syrup Urine Disease is caused due to inability of body to metabolise

A:-Branched Chain Amino Acids

B:-Xylitol

C:-Glycogen

D:-Arginine and Histidine

Correct Answer:- Option-A

Question95:-Conversion factor of beta carotene to Vitamin A is

A:-4:1

B:-8:1

C:-6:1

D:-5:1

Correct Answer:- Option-B

Question96:-The antibiotic principle "allin" is found in which of the following?

A:-Cumin

B:-Coriander

C:-Ginger

D:-Garlic

Correct Answer:- Option-D

Question97:-The antioxidants present in Tea are

A:-Polyphenols

- B:-Tocopherols
- C:-Anthocyanins
- D:-Betalains

Correct Answer:- Option-A

Question98:-Which of the following amino acids is deficient in cereals?

- A:-Methionine
- B:-Lysine
- C:-Histidine
- D:-Arginine

Correct Answer:- Option-B

Question99:-The level of iodine in iodised salt is

- A:-20 ppm
- B:-30 ppm
- C:-40 ppm
- D:-50 ppm

Correct Answer:- Option-B

Question100:-Inhibitory substances present in milk are

- A:-Lactose and fats
- B:-Renin and casein
- C:-Lactoperoxidase and agglutinins
- D:-None of them

Correct Answer:- Option-C