

**Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore-641 043**

**Bachelor's Degree Examination –November 2017**

**I Semester**

**Class : I UG**

**Major: Physician Assistant /Emergency Trauma Care mgt.**

**Time: 3 hours**

**Max. Marks: 100**

**15BPAC03 /11BETC03 Principles of Nutrition and Diet Therapy**

**Part-A**

**10 x 1=10**

**Choose the correct answer**

1. An example of monosaccharide  
a. Lactose                      b. sucrose                      c. maltose                      d. glucose
2. One gram of protein gives ----- kilocalories  
a.4                                  b.5                                  c.9                                  d.7
3. Each kilocalorie is equal to----- kilojoules  
a. 1.2                              b. 4.2                              c. 3.2                              d. 5.2
4. Coconut oil is an example of -----  
a. saturated fatty acids                      b. MUFA  
c. PUFA    d. long chain fatty acids
5. High biological value proteins are obtained from  
a. non vegetarian foods                      b. nuts  
c. legumes    d. tubers
6. Osteoporosis occurs due to the deficiency of-----  
a. calcium                              b. phosphorus                              c. magnesium                              d. sodium
7. Spoon shaped nails occur due to the deficiency of  
a. zinc                                      b. iron                                      c. copper                                      d. fluorine
8. Vitamin A is rich in  
a. liver                                      b. bean                                      c. nuts                                      d. potato
9. Pellagra occurs due to the deficiency of  
a. thiamine                              b.riboflavin                              c. niacin                                      d. pyridoxine
10. Geriatrics is the study of  
a. infants                                      b. preschoolers                                      c. adolescents                                      d. old people

