

PARUL UNIVERSITY
PARUL INSTITUTE OF APPLIED SCIENCES
MID SEMESTER INTERNAL EXAMINATION
B.Sc.– Semester – 4
COURSE: NUTRITION AND DIETETICS

Paper Code:1109253

Date:3/3/2020

Title of the paper: Human Nutrition- Micronutrients

Time:10:30am

Maximum Marks: 40

Instructions:

1. All questions are compulsory and options are given in first and second question only.
2. Numbers to the right of question indicate the marks of respective questions.

Q. 1	Attempt any one question of the following. (i) Write a short note on causes of iron deficiency and its signs and symptoms (ii) Write a detailed short note on deficiency of Vitamin A	(08)
Q. 2	Attempt any three questions of the following. (i) Enlist dietary sources of Vitamin B12 and folic acid. (ii) Write a short note on ‘Functions of Calcium in human body’ (iii) Enlist the enhancing and inhibiting factors for non-haem iron absorption. (iv) Enlist the dietary sources haem and non haem of iron. (v) Enlist dietary sources of Riboflavin and Niacin.	(12)
Q. 3	Do as directed. Attempt all five questions. (i) Pernicious Anemia is caused by deficiency of _____vitamin. (ii) Pellagra is caused by deficiency of _____vitamin. (iii) Beri beri is caused by deficiency of _____vitamin. (iv) Which are the two existing forms of Vitamin D? (v) Vitamin -D is also known as _____factor	(05)
Q. 4	Write the correct option in your answer sheet for following 15 multiple choice questions.	(15)

MCQ 1	The healthy human adult body contains about _____of copper.			
	(A)	100-150 mg	(B)	10-20 g
	(C)	100-150 g	(D)	10-20 mg
MCQ 2	_____is not a sign of scurvy in adults.			
	(A)	swollen joints	(B)	bleeding gums
	(C)	loose teeth	(D)	loss of appetite
MCQ 3	_____is not a function of Vitamin C			
	(A)	collagen formation	(B)	wound healing
	(C)	improves vision	(D)	iron absorption
MCQ 4	Skin becomes dry and rough in which of the following condition			
	(A)	keratomalacia	(B)	phrynoderma
	(C)	osteoporosis	(D)	osteomalacia
MCQ 5	Which of the following has the highest activity of Vitamin E?			
	(A)	alpha-tocopherol	(B)	beta-tocopherol
	(C)	gamma-tocopherol	(D)	All of the above
MCQ 6	_____of the following is not a symptom of vitamin D deficiency?			

	(A)	osteomalacia	(B)	rickety rosary
	(C)	pigeon breast	(D)	necrosis
MCQ 7	_____ is a rich source of riboflavin.			
	(A)	liver	(B)	cereals
	(C)	vegetables	(D)	roots and tubers
MCQ 8	RDA of Calcium in an adult man or woman's _____ per day.			
	(A)	800 mg	(B)	600 g
	(C)	600 mg	(D)	400 mg
MCQ 9	'Koilonychia' (spoon shaped nails) is a clinical manifestation of deficiency of _____ mineral.			
	(A)	Pantothenic acid	(B)	Riboflavin
	(C)	Thiamine	(D)	Iron
MCQ 10	The minerals present at levels more than _____ in the human body are defined as macrominerals.			
	(A)	0.5 %	(B)	0.05 %
	(C)	0.05 g	(D)	0.05 mg
MCQ 11	_____ is not a macromineral.			
	(A)	Magnesium	(B)	Sodium
	(C)	Zinc	(D)	Calcium
MCQ 12	Deficiency of _____ is not rare.			
	(A)	Vitamin-K	(B)	Iron
	(C)	Copper	(D)	Fluorine
MCQ 13	_____ is not a sign and symptom of Iodine deficiency disorder in children and adolescents?			
	(A)	Spontaneous abortion	(B)	Impaired mental function
	(C)	Juvenile hypothyroidism	(D)	Retarded physical development
MCQ 14	Which of the following is / are a clinical manifestation of fluoride toxicity?			
	(A)	spine deformity	(B)	mottling of permanent teeth
	(C)	'genu valgum' (knock knees)	(D)	All of the above
MCQ 15	_____ of the following is / are a rich source of copper.			
	(A)	crab, oysters	(B)	Both (A) and (B)
	(C)	lobster, meat	(D)	None of the above

-- ALL THE BEST --