



**Assessment of 6<sup>th</sup> module**  
**FIRST YEAR MBBS PART I – MCQ**

Total marks: 30  
Time Allowed: 25 minutes

**Encircle one best answer.**

**Any cutting or overwriting will not be accepted and no marks will be given even if the answer is correct.**

<p><b>1 BMR is higher in :</b></p> <p>(a) Adults than in children <b>(b)</b> Man than woman (c) Vegetarian than in non-vegetarians (d) Warmer climate than in colder climate</p>	<p><b>2 Invisible fat is present in :</b></p> <p>(a) Milk <b>(b)</b> Oil seeds (c) Pulses (d) vegetables</p>
<p><b>3 Energy yielding nutrients are :</b></p> <p>(a) Vitamins &amp; minerals (b) Proteins (c) Carbohydrates &amp; fats <b>(d)</b> Carbohydrates, fats, proteins</p>	<p><b>4 Obesity increases the risk of :</b></p> <p>(a) Hypertention (b) Diabetes mellitus (c) Cardiovascular disease. <b>(d)</b> All of the above</p>
<p><b>5 During starvation, ketone bodies are used as a fuel by:</b></p> <p>(a) Erythrocytes <b>(b)</b> Brain (c) Liver (d) All of above</p>	<p><b>6 The following has the highest caloric value :</b></p> <p>(a) Carbohydrate (b) Protein <b>(c)</b> Fat (d) Ethanol</p>
<p><b>7 An essential function of dietary lipids is to provide :</b></p> <p>(a) Energy (b) Essential fatty acids (c) Cholestrol <b>(d)</b> All of the above</p>	<p><b>8 An adequate intake of carbohydrate prevents :</b></p> <p><b>(a)</b> Diabetes mellitus (b) Ketosis (c) Kwhashiorkor (d) None of the above</p>
<p><b>9 A balance diet should have calories for carbohydrates, protein, and fats in the ratio :</b></p> <p>(a) 50-15-35 (b) 40-30-30 <b>(c)</b> 60-20-30 (d) 70-10-10</p>	<p><b>10 During pregnancy, following should be added to the calculated energy requirement</b></p> <p><b>(a)</b> 300 kcal/day (b) 500 kcal/day (c) 700 kcal/day (d) 900 kcal/day</p>
<p><b>11 Lipids are essential in diet because they :</b></p> <p>(a) Act as vehicles for fat soluble vitamins (b) Provide essential fatty acids <b>(c)</b> Both of the above (d) Niether of the above</p>	<p><b>12 During starvation, first reserve nutrient to be depleted is</b></p> <p><b>(a)</b> Glycogen (b) Proteins (c) Triglycerides (d) Cholestrol</p>
<p><b>13 The following constitutes fibre or roughage in food :</b></p> <p>(a) Cellulose. (b) Pectin (c) Inulin <b>(d)</b> All of these.</p>	<p><b>14 The biological value of egg proteins is about :</b></p> <p>(a) 70% (b) 80% (c) 86% <b>(d)</b> 94%</p>

<p><b>15 All of the following are decreased in starvation except:</b></p> <p>(a) Blood glucose  <b>(b) Plasma free fatty acids</b>  (c) Basal metabolic rate  (d) Liver glycogen</p>	<p><b>16 Cholesterol is present in all of following except :</b></p> <p>(a) Egg  (b) Fish  (c) Milk  <b>(d) Pulses</b></p>
<p><b>17 Highest protein content amongst the following is present in :</b></p> <p>(a) Wheat  (b) Rice  (c) Pulse  <b>(d) Soyabean</b></p>	<p><b>18 Amongst following the highest cholesterol content is found in :</b></p> <p>(a) Meat  (b) Fish  <b>(c) Butter</b>  (d) Milk</p>
<p><b>19 Calories generated per gram of Fat :</b></p> <p>(a) 4  (b) 5  (c) 8  <b>(d) 9</b></p>	<p><b>20 The following has the highest cholesterol content :</b></p> <p><b>(a) Egg-yolk</b>  (b) Egg-white  (c) Meat  (d) Fish</p>
<p><b>21 Kwashiorkor usually occurs in :</b></p> <p><b>(a) The post weaning period</b>  (b) Pregnancy  (c) Lactation  (d) Old age</p>	<p><b>22 Clinical features of kwashiorkor include all of the following except :</b></p> <p><b>(a) Mental retardation</b>  (b) Muscle wasting  (c) Oedema  (d) Anaemia</p>
<p><b>23 A positive nitrogen balance occurs</b></p> <p><b>(a) In growing infant</b>  (b) Following surgery  (c) Kwashiorkor  (d) In advanced cancer</p>	<p><b>24 In porphyrin structure four pyrrole rings are joined by :</b></p> <p><b>(a) Methylene</b>  (b) Vinyl  (c) Methyl  (d) Hydroxymethyl</p>
<p><b>25 In Heme synthesis the rate limiting step is :</b></p> <p><b>(a) ALA synthase</b>  (b) ALA dehydrase  (c) Heme synthetase  (d) All of these three</p>	<p><b>26 Marasmus occurs from deficient intake of :</b></p> <p>(a) Essential amino acids  (b) Essential fatty acids  <b>(c) Calories</b>  (d) Zinc</p>
<p><b>27 Amongst the following highest cholesterol content is found in :</b></p> <p>(a) Meat  (b) Fish  <b>(c) Butter</b>  (d) Milk</p>	<p><b>28 For Vegetarian pulses are an important source of :</b></p> <p>(a) Carbohydrates  <b>(b) Proteins</b>  (c) Fat  (d) Iron</p>
<p><b>29 Obesity generally reflects excess intake of energy and is often associated with the development of :</b></p> <p>(a) Nervousness  <b>(b) Non-insulin dependent diabetes mellitus</b>  (c) Hepatitis  (d) Colon cancer</p>	<p><b>30 Heme is a :</b></p> <p>(a) Ferric protoporphyrin  <b>(b) Ferrous protoporphyrin</b>  (c) Ferrous protoporphyrinogen  (d) Ferrous coproporphyrin</p>

