1. Meal planning is important for
   (a) Utilizing time  
   (c) Saving energy
   (b) Budget planning  
   (d) Nutritional adequacy of diet

2. Megaloblastic anaemia is caused due to deficiency of
   (a) Iron  
   (c) Proteins
   (b) Folic acid  
   (d) Cynocobalamine

3. Which of the following is a major food group?
   (a) Fruits and vegetables  
   (c) Condiments and spices
   (b) Protective foods  
   (d) Vitamins and minerals

4. Daily nutritional requirements of iron for a pregnant mother is:
   (a) 20 m.gms  
   (c) 40 m.gms
   (b) 30 m.gms  
   (d) 46 m.gms

5. Body building serves as
   (a) Social function  
   (c) Physiological function
   (b) Psychological function  
   (d) Economic function

6. Macrocytic anaemia is caused by a deficiency of
   (a) Niacin  
   (c) Vitamin A
   (b) Vitamin B12  
   (d) Iron

7. Green leafy vegetables are included in the diet as
   (a) Body building foods  
   (c) Protective foods
   (b) Energy yielding foods  
   (d) Foods supplying proteins

8. Kwashiorkor is associated with
   (a) Insanitary condition  
   (c) Protein deficiency
   (b) Total under-nutrition  
   (d) Protein energy malnutrition

9. Cobalt is a constituent of
   (a) Folic acid  
   (c) Niacin
   (b) B12  
   (d) Carotene
10. Xerophthalmia is the deficiency of
   (a) Vitamin K          (b) Vitamin D
   (c) Vitamin E          (d) Vitamin A

11. Vitamin E is also known as
   (a) Cholecalciferol    (b) Insitol
   (c) Tocopherol         (d) Retinol

12. Sugar and salt are effective preservative because they
   (a) Withdraw water from food    (b) Are toxic to bacteria
   (c) Prevent oxygen from reaching the food (d) React with water forming CO2

13. The method of cooking which employs radiant heat is
   (a) Stewing           (b) Boiling
   (c) Braising          (d) Broiling

14. Linoleic acid is
   (a) Triglycerides    (b) Saturated fatty acids
   (c) Unsaturated fatty acids (d) Essential fatty acids

15. The red colour present in tomato is due to
   (a) Lycopenes         (b) Anthoxanthins
   (c) Anthocyanins     (d) Carotenoid

16. The method of heating fruits and vegetables for sometime in boiling water is called
   (a) Canning         (b) Pasteurisation
   (c) Blanching       (d) Germination

17. Diets in diarrhoea
   (a) Low fibre, semi solid (b) High fibre, semi liquid
   (c) Low fibre, liquid   (d) Low fat, high protein

18. About 2gms of it is excreted in the urine daily
   (a) Potassium        (b) Iron
   (c) Zinc            (d) Sulphur

19. Following need lots water and fibre to check the problem of constipation
   (a) Lactating mother (b) Adult women
   (c) Old people      (d) Children

20. Plant foods which have high green or yellow colouring contain a pigment called
   (a) Chlorophyll      (b) Litmus
   (c) Carotene         (d) Lycopene

21. The term food means
   (a) What nourishes the body (b) Increases the appetite
   (c) Stimulate metabolism (d) Development

22. It combines with iron to produce haemoglobin in the body
   (a) Copper          (b) Zinc
   (c) Sulphur         (d) Sodium
23. Soyabean is prescribed in the diet of diabetic patient because it is
   (a) Less vitamin E          (b) High in protein
   (c) Low in starch          (d) Good sources of calcium

24. About 2/3rd of perinatal deaths occur among infants with less than
   (a) 2500g birth weight     (b) 2000g birth weight
   (c) 1500g birth weight     (d) 1000g birth weight

25. The major objective of Mid-day Meal Programme is to improve the child’s
   (a) Literacy               (b) Health
   (c) Standard of living     (d) Economic condition

26. Following serves as a reservoir for food for half an hour to two hours.
   (a) The mouth              (b) The stomach
   (c) The small intestine    (d) The large intestine

27. Use of baking soda destroys
   (a) Vitamin C and Thiamine (b) Vitamin C and Calcium
   (c) Vitamin C and B12     (d) Vitamin C and Protein

28. The _________________ child suffers from loss of fluid and electrolytes.
   (a) Marasmic               (b) Displaced child
   (c) Oedemic                (d) Overweight

29. Which agency have developed a process to produce iodized oil in Safola Oil?
   (a) NIN                    (b) FAO
   (c) CFTRI                  (d) ICDS

30. The social factor that influence maternal morality.
   (a) Lack of maternal services (b) Obstructed labour
   (c) Induced abortion        (d) Accidents

31. There is an increased demand for ___________ in the second half of pregnancy.
   (a) Protein                (b) Iron
   (c) Vitamin A              (d) Calcium

32. The loss of nutrients is much less in ___________ than in the case of polished rice
   (a) Parching               (b) Parboiling
   (c) Liming                 (d) Puffing

33. Canned and frozen foods are
   (a) Refrigerated          (b) Convenience
   (c) Perishable            (d) Non-perishable

34. The Special Nutrition Programme covers children between
   (a) 0 – 3 years           (b) 0 – 6 years
   (c) 2 – 4 years           (d) 2 – 5 years

35. The meal served to school children should be
   (a) A substitute to home diet (b) A supplement to home diet
   (c) In small quantity      (d) Attractive
36. Which state has the lowest birth and infant mortality rate in India?
   (a) Mizoram        (b) Kerala
   (c) Himachal Pradesh (d) Sikkim

37. The basic measure of infant and child survival is the
   (a) Under 3 Mortality (b) Under 4 Mortality
   (c) Under 5 Mortality (d) Under 6 Mortality

38. The target groups under Special Nutrition Programme
   (a) Children and pregnant mother in tribal areas.
   (b) Children, pregnant and nursing mothers from all sections of society.
   (c) Children, pregnant and nursing mothers from urban slum areas.
   (d) Children below 6 years, pregnant and nursing mothers from urban slums, tribal and backward rural areas.

39. Following is the foremost symbol of India's Commitment to her children
   (a) NIPCCD        (b) ICDS
   (c) CFTRI         (d) CARE

40. It is a low-cost technology for reducing infant mortality
   (a) Immunization  (b) Breast feeding
   (c) Growth monitoring (d) family planning

41. Nutritional anaemia is a disease syndrome caused by
   (a) Iron deficiency  (b) Malnutrition
   (c) B12 deficiency  (d) Folic deficiency

42. Deaths occurring in the first _________ for reducing days of life are called
   (a) Perinatal deaths (b) Infant deaths
   (c) Postneonatal deaths (d) Neonatal deaths

43. Which is the main cation present in the intracellular fluid?
   (a) Potassium       (b) Chloride
   (c) Iron            (d) Magnesium

44. Following have larger surface area per unit body weight
   (a) Old people     (b) Adults
   (c) Adolescents    (d) Children

45. Which of the following has the highest percentage of glycogen?
   (a) Liver         (b) Stomach
   (c) Pancreas      (d) Heart

46. Following control nerve irritability
   (a) Intracellular  (b) Electrolytes
   (c) Plasma        (d) Extra-cellular

47. For the heart muscles to contract in a normal way, the tissue fluid should always have enough of
   (a) Potassium     (b) Phosphorus
   (c) Calcium       (d) Sodium
48. Traces of ___________ are present in bones, teeth, thyroid gland and skin.
   (a) Zinc  (b) Copper  (c) Manganese  (d) Fluorine

49. Which of the following acts as a medium for Physiochemical changes going on in the body?
   (a) Electrolytes  (b) Water  (c) Plasma  (d) ORS

50. Persons suffering from gastro-intestinal disturbances are usually given:
   (a) Liquid diet  (b) Soft diet  (c) Semi-liquid diet  (d) Semi-solid diet

51. The requirement is at its highest when lactation reaches its maximum
   (a) Iron  (b) Energy  (c) Protein  (d) Vitamins

52. The protein found in egg is
   (a) Glutenin  (b) Caesinogen  (c) Myosin  (d) Albumin

53. Two methods of cooking
   (a) Braising  (b) Sautéing  (c) Roasting  (d) Stewing

54. Which of the following give directions regarding packing, marking and labelling?
   (a) PFA  (b) FPO  (c) Agmark  (d) Quality standard

55. Following programme is aimed at the all round development of a child
   (a) UNICEF  (b) NIPCCD  (c) ICDS  (d) CARE

56. Which of the following renders assistance to raise the nutritional status of school going children?
   (a) CARE  (b) ICDS  (c) FAO  (d) NIN

57. Through photosynthesis, plants produces
   (a) Starch  (b) Carbohydrates  (c) Chlorophyll  (d) Food

58. Asepsis means
   (a) Removal of micro-organisms  (b) Keeping out micro-organisms
   (c) Killing micro-organisms  (d) Addition of micro-organisms

59. Which of the following gives the consumer an awareness of quality in accordance with the standards laid down?
   (a) FPO  (b) PFA  (c) ISI  (d) Agmark
60. The disaccharides:
   (a) Glucose, fructose, galactose  (b) Sucrose, maltose, lactose
   (c) Starch, dextrins, glycogen  (d) Caramel, cellulose, pectin

61. Which vitamin plays the role of natural antioxidants?
   (a) Vitamin C  (b) Vitamin E
   (c) Vitamin K  (d) Vitamin A

62. Which of the following maintains the electrolyte balance of the body and plays a role in the maintenance of body fluid?
   (a) Electrolyte  (b) Water
   (c) Fluid  (d) Plasma

63. Milk is a poor source of
   (a) Calcium  (b) Iron
   (c) Protein  (d) Vitamins

64. The protein present in hair is
   (a) Fibrin  (b) Keratin
   (c) Albumin  (d) Gelatin

65. The process of breaking down of complex matter into simpler ones is called
   (a) Fermentation  (b) Germination
   (c) Preservation  (d) Fortification

66. Nephrosclerosis may lead to
   (a) Renal failure  (b) Ascites
   (c) Cardiac failure  (d) Liver disease

67. Excessive amount of cholesterol causes
   (a) Nephrosis  (b) Flatulence
   (c) Acidosis  (d) Atherosclerosis

68. Adulteration due to lack of proper facilities
   (a) Intentional  (b) Additional
   (c) Abstraction  (d) Incidental

69. Modification of normal diet to meet the requirements of sick person is
   (a) Therapeutic diet  (b) Diet therapy
   (c) Meal planning  (d) Balanced diet

70. People whose BMI is less than 18.5 are considered
   (a) Overweight  (b) Underweight
   (c) An obese  (d) None of the above

71. Following is a chronic metabolic disorder that prevents the body to utilise glucose completely or partially
   (a) Obesity  (b) Diabetes Mellitus
   (c) Hypertension  (d) Kidney failure
72. Basal metabolism is influenced by
   (a) Age  (b) Fluid
   (c) Water (d) Electrolytes

73. School lunch is a measure
   (a) To provide balanced diet at low cost
   (b) For improving health and nutrition of children
   (c) To provide nutritious food
   (d) All of the above

74. A low protein diet during pregnancy
   (a) Effect milk secretion  (b) Cause teeth problem
   (c) Results sickly child    (d) Cause jaundice

75. Which of the following vitamins regulates serum level of calcium and phosphate?
   (a) Vitamin A  (b) Vitamin B
   (c) Vitamin D  (d) Vitamin K

Direction to Question No. 76 to 83: What number should come next in the following series?

76. 5, 11, 17, 23, 29, 35, 41, ...
   (a) 46  (b) 47
   (c) 48  (d) 49

77. 2, 3, 6, 7, 10, 11, ...
   (a) 7    (b) 10
   (c) 14   (d) 15

78. 30, 28, 23, 21, 16, ...
   (a) 15   (b) 14
   (c) 13   (d) 12

79. 2.5, 3.3, 4.1, 4.9, ...
   (a) 5.2  (b) 5.4
   (c) 5.6  (d) 5.7

80. 9, 7, 11, 29, 111, ...
   (a) 549  (b) 653
   (c) 729  (d) 429

81. 16, 20, 18, 14, 20, 8, 22, ..., ...
   (a) 14 20  (b) 2.28
   (c) 4 22   (d) 2.24

82. 41, 39, 37, 34, 32, 30, 27, ...
   (a) 25  (b) 26
   (c) 27   (d) 28

83. 864, 432, 440, 220, 228, ...
   (a) 110  (b) 80
   (c) 114  (d) 89
Direction to Question No. 84 & 85: Which word does NOT belong with the others?

84. Which word does NOT belong with the others?
   (a) tyre          (b) steering wheel
   (c) engine        (d) car

85. Which word does NOT belong with the others?
   (a) guitar        (b) flute
   (c) violin        (d) cello

Direction to Question No. 86 to 88: In each of the following questions two statements are given. Which are followed by four conclusions (1), (2), (3) and (4). Choose the conclusions which logically follow from the given statements.

86. Statements: Some dogs are bats; Some bats are cats.
   Conclusions:  1. Some dogs are cats.
                  2. Some cats are dogs.
   (a) Neither (1) nor (2) follows         (b) Either (1) or (2) follows
   (c) Only (2) conclusion follows         (d) Only (1) conclusion follows

87. Statements: No door is dog; All the dogs are cats.
   Conclusions:  1. No door is cat.
                  2. No cat is door.
                  3. Some cats are dogs.
                  4. All the cats are dogs.
   (a) Only (2) and (4)         (b) Only (3)
   (c) Only (1) and (3)         (d) Only (3) and (4)

88. Statements: All the phones are scales; All the scales are calculators.
   Conclusions:  1. All the calculators are scales.
                  2. All the phones are calculators
                  3. All the scales are phones.
                  4. Some calculators are phones.
   (a) Only (1) and (4)         (b) Only (3) and (4)
   (b) Only (2) and (4)         (d) Only (1) and (2)

Direction to Question No. 89 & 90: Arrange the words given below in a meaningful sequence.

89.
1. Police
2. Punishment
3. Crime
4. Judge
5. Judgement
   (a) 3, 1, 2, 4, 5         (b) 1, 2, 4, 3, 5
   (c) 5, 4, 3, 2, 1         (d) 3, 1, 4, 5, 2
90. 
1. Leaf
2. Fruit
3. Stem
4. Root
5. Flower
   (a) 4, 3, 1, 5, 2
   (c) 4, 1, 3, 5, 2
   (b) 3, 4, 5, 1, 2
   (d) 4, 3, 1, 2, 5

91. Find the number of triangles in the given figure.

   (a) 22
   (c) 26
   (b) 24
   (d) 28

92. Find the number of straight lines in the given figure.

   (a) 7
   (c) 9
   (b) 8
   (d) 10

93. What is the minimum number of different colours required to paint the given figure such that no two adjacent regions have the same colour?

   (a) 6
   (c) 5
   (b) 3
   (d) 4
94. Select a suitable figure from the four alternatives that would complete the figure matrix.

(a) 1  
(b) 2  
(c) 3  
(d) 4  

95. Identify the figure that completes the pattern.

(a) 1  
(b) 2  
(c) 3  
(d) 4  

96. Select a figure from amongst the Answer Figures which will continue the same series as established by the five Problem Figures.

(a) 1  
(b) 2  
(c) 3  
(d) 4  

97. If P # Q means P is the mother of Q; P $ Q means P is the brother of Q; P * Q means P is the daughter of Q in A # B $ C * D, who is the father?

(a) Data inadequate  
(b) B  
(c) C  
(d) D  

98. Which one will replace the question mark?

(a) 1  
(b) 4  
(c) 3  
(d) 6
99. If North-East becomes West and South-East becomes North, so on. What will West become?
   (a) North-East
   (b) North-West
   (c) South-East
   (d) South-West

100. Choose the box that is similar to the box formed from the given sheet of paper (X).

(X)  (1)  (2)  (3)  (4)

(a) 1 and 2 only
(b) 1, 2 and 3 only
(c) 1 and 3 only
(d) 1, 2, 3 and 4