

Sikkim Public Service Commission

Main Written Examination for the Post of Junior Dietician under Sikkim State
Subordinate Allied and Healthcare Service

PAPER -II

Time allowed: 3.00 Hrs

Maximum Marks: 100

INSTRUCTION TO CANDIDATES

Read the instructions carefully before answering the questions: -

1. IMMEDIATELY AFTER THE COMMENCEMENT OF THE EXAMINATION, YOU SHOULD CHECK THAT THIS BOOKLET DOES NOT HAVE ANY UNPRINTED OR TORN OR MISSING PAGES OR ITEMS ETC. IF SO, GET IT REPLACED BY A COMPLETE TEST BOOKLET.
2. Use only Black Ball Point Pen to fill the OMR Sheet.
3. Do not write anything else on the OMR Answer Sheet except the required information.
4. This Test Booklet contains 50 questions in MCQ Mode in Part I to be marked in OMR Sheet. Part II and Part III are Subjective Questions which have to be written on separate answer sheet provided to you.
5. Before you proceed to mark in the Answer Sheet (OMR), you have to fill in some particulars in the Answer Sheet (OMR) as per given instructions.
6. After you have completed filling in all your responses on the Answer Sheet (OMR) and the examination has concluded, you should hand over the Answer Sheet (OMR) and separate answer sheet to the Invigilator only. You are permitted to take with you the Test Booklet.

7. Marking Scheme

THERE WILL BE NEGATIVE MARKING FOR WRONG ANSWERS MARKED BY A CANDIDATE IN THE OBJECTIVE TYPE QUESTION PAPERS

- i. There are four alternatives for the answer to every question. For each question for which a wrong answer has been given by the candidate, one-third of the marks assigned to the question will be deducted as penalty.
- ii. If a candidate gives more than one answer, it will be treated as a wrong answer even if one of the given answers happens to be correct and there will be same penalty as above to the question.
- iii. If a question is left blank. i.e., no answer is given by the candidate, there will be no penalty for that question.

DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE ASKED TO DO SO

PART - I

Choose the correct answer for the following questions:

(1x50=50)

1. Which of the following food is rich in Omega 3 fatty acids

- A. Flax Seed
- B. Fruits
- C. Vegetables
- D. Pulses

2. The chief mineral components found in bones and teeth is

- A. Zinc
- B. Calcium
- C. Magnesium
- D. Iron

3. Which of the following is synthesized in our body in presence of sunlight?

- A. Vitamin A
- B. Vitamin E
- C. Vitamin D
- D. Vitamin C

4. Milk is deficient in _____

- A. Vitamin D & Calcium
- B. Vitamin E & Phosphorus
- C. Vitamin B & Magnesium
- D. Vit C & Iron

5. Richest source of Vitamin C is _____

- A. Tomato
- B. Lemon
- C. Amla
- D. Orange

6. Lipase Enzyme is used in digestion of _____

- A. Carbohydrates
- B. Fat
- C. Protein
- D. Vitamin

7. Bile is secreted by

- A. Liver
- B. Large Intestine
- C. Small intestine
- D. stomach

8. Vitamin C helps in formation of

- A. Hemoglobin
- B. Protein
- C. Calcium
- D. Sulphur

9. Richest source of vitamin E _____

- A. Tomato
- B. Amla
- C. Lemon
- D. Cod liver oil

10. Which vitamin is responsible for prevention of pernicious anemia?

- A. Vitamin C
- B. Vitamin D
- C. Vitamin B12
- D. Vitamin B1

11. PEM refers to _____

- A. Protein energy malnutrition
- B. Protein energy maintenance
- C. Protein energy malabsorption
- D. Protein energy metabolism

12. Which mineral is required for formation of thyroxin hormone?

- A. Chlorine
- B. Calcium
- C. Iodine
- D. Cobalt

13. _____ is not an example of clear liquid diet.

- A. Coconut water
- B. Lemon Water
- C. Clear soup
- D. Milk

14. Which of the following is not found in food?

- A. Plasma
- B. Proteins
- C. Carbohydrates
- D. Vitamins

15. According to RDA (2010) given by ICMR the energy requirement of a sedentary women is _____

- A. 1900 kcal/day
- B. 2100 kcal/day
- C. 3230 kcal/day
- D. 2320 kcal/day

16. The functions of body protein include _____.

- A. Immune function where antibodies attach bacteria and viruses
- B. Fluid balance where blood proteins attract fluid.
- C. Acid base balance where proteins act as buffer
- D. All of the Above

17. In which of the following conditions we need increased amount of protein?

- A. Physical Stress
- B. Injury
- C. Intense weight training
- D. All of the above

18. Which of the following is rich in fiber?

- A Green leafy vegetable
- B. Bread
- C. Carrot
- D. Eggs

19. Hyperkalemia is an elevated level of _____ in the blood.

- A. Sodium
- B. Selenium
- C. Magnesium
- D. Potassium

20. Low residue diet is prescribed in which of the following conditions.

- A. Cardiac problems
- B. Obesity
- C. Peptic ulcer
- D. Diabetes

21. _____ is restricted in Celiac disease.

- A. Rice
- B. Curd
- C. Wheat
- D. Apple

22. _____ is essential for coagulation of blood.

- A. Vitamin A
- B. Vitamin B
- C. Vitamin C
- D. Vitamin K

23. MUAC term is associated with _____

- A. Biochemical assessments
- B. Anthropometric assessments
- C. Clinical assessments
- D. Dietary assessments

24. _____ is caused by deficiency of Iodine.

- A. Anemia
- B. Goiter
- C. Swine flu
- D. Diabetes

25. Excess carbohydrates are stored in the body as _____?

- A. Body fat
- B. Glycogen
- C. A and B
- D. None of the above

26. Nutrients are _____.

- A. Substances that enhances the taste of food.
- B. Chemical components of food that supply nourishment to the body.
- C. Monomer of an amino acid
- D. All of the above

27. Which of the following is a true statement about unsaturated fats?

- A. They are solid at room temperature.
- B. They are liquid at room temperature.
- C. Their solid or liquid state at room temperature depends on the substance.
- D. They are usually found in fruits and vegetables.

28. What is a calorie?

- A. The amount of heat needed to raise the temperature of 1 gram of water by 1-degree celsius
- B. 1/10 of a pound
- C. The amount of heat needed to raise 1 pound of an organism 1-degree celsius
- D. None of the above

29. Diminished delivery of oxygen to tissues is termed as _____

- A. Hypoxia
- B. Ischemia
- C. Homeostasis
- D. Metabolism

30. Which factor is not affecting on enzyme activity?

- A. Concentration of Enzyme
- B. Effect of Temperature
- C. Effect of pH
- D. Colour

31. Which of the following type of metabolite is used for generating glucose under severe starvation conditions?

- A. Amino acids
- B. Fats
- C. Glycogen
- D. Starch

32. Following are the coenzyme antioxidants except _____

- A. Vitamin A
- B. Vitamin C
- C. Vitamin D
- D. Vitamin E

33. Which of the following function is not performed by insulin?

- A. Promotes glucose absorption in the bloodstream.
- B. Increases cellular uptake of glucose.
- C. Inhibits glycogenolysis.
- D. Promotes the oxidation of glucose in the cell.

34. Basal metabolic rate should be measured while a person is _____

- A. Jogging
- B. Going to Work
- C. Resting
- D. Sweating

35. The massive edema leads to _____ in nephritic syndrome.

- A. Collagen formation
- B. Ascites
- C. Acidity
- D. Anemia

36. _____ Called a power house of Cell.

- A. Cytoplasm
- B. Plasma membrane
- C. Mitochondria
- D. Endoplasmic reticulum

37. Functional unit of Kidneys called _____

- A. Cell.
- B. Nephron
- C. Mitochondria
- D. Tissue.

38. Which assessment tool would be in use if a patient was asked to recount everything they ate yesterday?

- A. 24-hour
- B. FFQ
- C. Anthropometric assessment
- D. Inventory method

39. Which of the following is an example of probiotic

- A. Yogurt
- B. Apple
- C. Juice
- D. Fish Oil

40. Which of the following is a manifestation of zinc deficiency.

- A. Diarrhea
- B. Dysgeusia
- C. Alopecia
- D. Rash

41. Complimentary feeding started the age of.

- A. 5 month
- B. 8 month
- C. 6 month
- D. 12 month

42. Lack of thiamine causes _____

- A. Beri-beri
- B. Pellagra
- C. Anaemia
- D. Scurvy

43. Which of the following foods is not a source of iron

- A. Meat
- B. Eggs
- C. Milk
- D. Liver

44. The hormone which affects the metabolic rate of the body is _____

- A. Thyroxin
- B. Insulin
- C. Glucagon
- D. None of these.

45. The full form of GFR is _____

- A. Glomerular Filtration Rate
- B. Globulin Filter Rate
- C. Gamma Filtration Rate
- D. Good Filtration Rate

46. Basal metabolic rate of a child is _____ than an old person.

- A. Higher
- B. Lower
- C. Equal
- D. none of above

47. Obesity is due to positive energy balance of the body resulting from _____

- A. High energy intake and low activity level
- B. Low energy intake and high activity levels
- C. High energy intake and high activity levels
- D. Low energy intake and low activity levels

48. Which of the following acts as factor for cardiac risks?

- A. High Fiber in diet
- B. Low protein in diet
- C. High LDL levels
- D. Low water levels

49. Which organ acts as a detoxifier for the body?

- A. Pancreas
- B. Liver
- C. Gall bladder
- D. Ileum

50. The full form of RDA is _____

- A. Recommended Dietary Alliance
- B. Recommended Dietary Assessment
- C. Recommended Dietary Analysis
- D. Recommend Dietary Allowances

PART - II

Answer **ANY FOUR** of the following

(5X4=20)

1. Types of therapeutic diets.
2. Principles of meal planning.
3. Anorexia Nervosa
4. Functions of the liver.
5. Reasons for malnutrition during old age?
6. Importance of Vitamin D.

PART - III

Attempt **ANY TWO** of the following

(15X2=30)

1. What is the significance of nutritional assessment? Explain various methods for assessing the nutritional status of a person.
 2. Explain different cardiac disorders with the dietary recommendations.
 3. Explain the physiology of diabetes mellitus with the dietary recommendations. Give 5 examples of low glycemic index foods.
 4. Explain obesity. Write its causes, consequences and dietary management.
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