

Sikkim Public Service Commission

Main Written Examination for the Post of Nutrition Educator cum Inspector
under Sikkim State Subordinate Allied and Healthcare Service

PAPER -II

Time allowed: 3.00 Hrs

Maximum Marks: 100

INSTRUCTIONS 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. Vitamin A provides protection against

- A. Cardiac disease
- B. Blindness
- C. None of these
- D. Blood irregularities

2. Intake of iron and iodine gives protection against

- A. Anemia and goitre
- B. Anemic and rickets
- C. Beri-Beri and goitre
- D. Osteoporosis and Beri-Beri

3. Fruits are stimulated to ripening by

- A. Oxygen
- B. Carbon-di-oxide
- C. Ethylene gas
- D. None of these

4. Sweetened condensed milk contains _____ Sugar.

- A. 20%
- B. 25%
- C. 30%
- D. 45%

5. Which of the following has low content of unsaturated fatty acids

- A. Sunflower
- B. Soyabean
- C. Cottonseed oil
- D. Coconut

6. The fungus *Aspergillus flavus* produces toxin called aflatoxin which causes

- A. Indigestion
- B. Toxicity
- C. Liver Damage
- D. None of these

7. The property of viscosity of starch is utilised in preparation of

- A. Soup thickener
- B. Starch pudding
- C. Cotton Clothes
- D. All of these

8. Proteins are precipitated by

- A. Moisture
- B. Change of PH
- C. Low Temperature
- D. None of these

9. Gelatinisation is effected by

- A. Temperature and pH
- B. Sharing and Sugar
- C. Fats and type of Starch
- D. All of the above

10. Sodium potassium and magnesium loss occurs by

- A. Blanching
- B. Leaching
- C. Soaking
- D. None of these

11. Contamination with copper accelerates the rate of destruction of

- A. Vit. C
- B. Vit. B
- C. Vit. A
- D. Vit. E

12. Which of following are the coenzyme antioxidant except:

- A. Vit. A
- B. Vit. C
- C. Vit. D
- D. Vit. E

13. Basal metabolic rate should be measured while a person

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

14. Yeast is a rich source of

- A. Vit-C
- B. Vit-D
- C. Vit-B
- D. Vit-A

15. Milk is deficient in_____

- A. Vitamin C&Iron
- B. Vitamin D & Calcium
- C. Vitamin
E&phosphorus
- D. Vitamin B &
magnesium

16. The supplementary nutrition provided to pre-schooler at ICDS should provide

- A. 250 calories and 20 g protein
- B. 300 calories and 10 g protein
- C. 500 calories and 10 protein
- D. None of these

17. A natural component in canola oil that prevents rancidity is

- A. Vitamin C
- B. Vitamin A
- C. Vitamin D
- D. None of these

18. Aflatoxin is

- A. associated with liver cancer
- B. a toxic substance
- C. produced by fungus in groundnuts
- D. All of the above

19. The function of emulsifiers is to

- A. add brown or golden coloring
- B. Keep oil and water mixed
- C. Enhance mouth feel
- D. None of the Above

20. Advantages of Genetically Modified foods (GM) are

- A. Improving crop productivity
- B. reducing pesticide applications
- C. bioavailability of commonly eaten foods
- D. All of the above

21. An emulsifier used in food is

- A. Aspartame
- B. Sorbitol
- C. lecithin
- D. None of these

22. The active component in clove is

- A. Curcumin
- B. Eugenol
- C. Allicin
- D. None of these

23. Richest source of Vit. C

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

24. Which of the following is not an essential amino acid?

- A. Lysine
- B. Methionine
- C. Alanine
- D. Phenyl alanine

25. Deficiency of essential fatty acids leads to a skin condition known as

- A. Ketosis
- B. Phrynoderma
- C. Rancity
- D. None of the these

26. What is $C_{27}H_{45}OH$

- A. Oleic acid
- B. Stearic acid
- C. Cholesterol
- D. None of these

27. Nutritive value of the proteins of legumes is improved by

- A. Diet planning
- B. Eating raw
- C. Heat processing
- D. None of these

28. In case of nausea, vomiting, gas-formation, diarrhoea, loss of appetite, _____ helps.

- A. Liquid diet
- B. Full fluid diet
- C. Soft diet
- D. Clear liquid diet

29. The function of Ego is based on

- A. Pleasure principle
- B. Reality principle
- C. Reflex action
- D. Practical experience

30. PEM refers to

- A. Protein energy Malnutrition
- B. Protein energy maintenance approach
- C. Protein energy malabsorption
- D. Protein energy metabolism

31. Smoothing, sharpening and rounding off angular lines is done by

- A. ironing
- B. blending
- C. shaping
- D. none of these

32. Cotton textile in India comprise of

- A. Cotton
- B. Blended yarn
- C. Mill-made fabrics
- D. All of these

33. Karnataka accounts for _____% of country's total production of silk

- A. 40%
- B. 50%
- C. 60%
- D. 70%

34. The cause of phobia could be

- A. Social
- B. Emotional
- C. Classical conditioning
- D. None of the above

35. Communication will be effective if it is

- A. Delivered slowly and clearly
- B. Delivered using appropriate media
- C. Received as intended by the sender
- D. Received immediately

36. A good design is characterized by

- A. Flexible
- B. Appropriate
- C. Efficient
- D. All of the above

37. Which of the following is a sulphur containing amino acid

- A. Lysine
- B. Methionine
- C. Phenyl alanine
- D. Valine

38. Strict restriction of carbohydrates is not done in a diabetic diet because it can lead to

- A. Constipation
- B. Glycosuria
- C. Steatorrhea
- D. Ketosis

39. Menu for 'Meals on Wheels' is

- A. Static
- B. Selective
- C. Single use
- D. Non- selective

40. The iron requirement for a pregnant mother is

- A. 30 mg
- B. 32 mg
- C. 38 mg
- D. 36 mg

41. The enzyme responsible for digestibility of fats in human body is

- A. Lipase
- B. Amylase
- C. Renin
- D. Protease

42. Which of following is not a method of nutritional assessment using anthropometry.

- A. Skin fold thickness
- B. Waist circumference
- C. Blood Pressure
- D. Mid Upper Arm Circumference

43. Helicobacter Pylorii infection causes the following disease:

- A. Peptic Ulcer
- B. Typhoid
- C. Constipation
- D. Cholera

44. Haemoglobin level below which a pregnant woman is considered anaemic:

- A. 12 g / dl of blood
- B. 11 g / dl of blood
- C. 11.5 g / dl of blood
- D. 10 g / dl of blood

45. The HbA1C level above which a person is diagnosed as Diabetic is:

- A. 6.2%
- B. 6.5%
- C. 6.8%
- D. 7.0%

46. World Consumer Rights Day is observed on which date?

- A. 15th of March
- B. 8th of February
- C. 10th of December
- D. 16th of March

47. The full form of RDA is _____

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

48. Which of following is essential for coagulation of blood;

- A. Vit. A
- B. Vit. K
- C. Vit. C
- D. Vit. B

49. Which of the following foodis rich in Omega 3 fatty acids

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

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

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

PART - II

Write in brief about ANY FOUR of the following -

(5X4=20)

- (1) Life skills.
- (2) Importance of Calcium in daily diets
- (3) Types of Therapeutic diets.
- (4) Iron deficiency in Adolescent girls.
- (5) Consumer Protection Act.
- (6) Entrepreneurship.

PART - II

Attempt ANY TWO of the following -

(15X2=30)

- (1) What is the importance of meal planning? Discuss factor affecting meal planning?
- (2) Discuss the importance of effective Nutrition – Health-Communicationand explain methods of communication.
- (3) Explain obesity. Discuss its causes, consequences and dietary management?
- (4) Explain the role of extension education in development of different fields in society?