

S.R.R. & C.V.R. GOVT. DEGREE COLLEGE (A)

Department of Food Technology

QUIZ COMPETITION

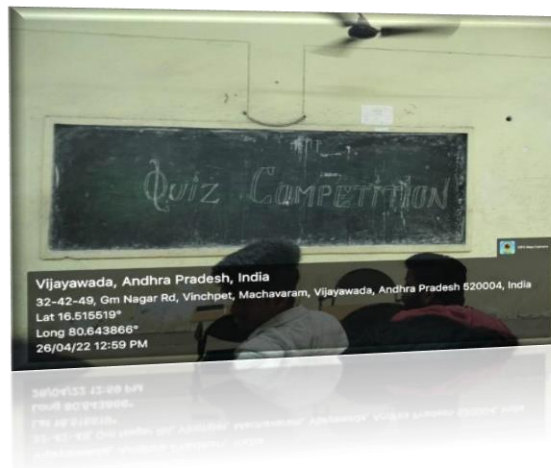
Date: 26/04/2022

Students Participated: I & II FMB

A quiz competition was organized for the students of food technology as a part of the curriculum on the topic “*Basic Nutrition.*”

The competition was held between the first and second years. A total of twenty students participated in the competition. Both teams were asked twenty-five questions.

The Winners are Group - A



Students taking part in Quiz Competition

Quiz Questions

1. Which of the following components are major nutrients in our food?

- (a) Carbohydrates
- (b) Lipids and Proteins
- (c) Vitamins and Minerals
- (d) All of the above

Sol: (d) All of the above.

2. Which of the following food components is required for the growth and maintenance of the human body?

- (a) Proteins
- (b) Vitamins
- (c) Minerals
- (d) Both (a) and (b)

Sol: (d) Both (a) and (b)

3. Which of the following food components give energy to our body?

- (a) Proteins
- (b) Vitamins
- (c) Minerals
- (d) Carbohydrates

Sol: (d) Carbohydrates.

4. Which of the following food items provides dietary fibre?

- (a) Pulses
- (b) Wholegrain
- (c) Fruits and vegetables

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(d) All of the above

Sol: (d) All of the above.

5. Which of the following food products are the best sources of animal proteins?

(a) Milk

(b) Egg

(c) Cheese

(d) All of the above.

Sol: (d) All of the above.

6. Which of the following mineral functions by building strong bones and teeth?

(a) Iodine

(b) Calcium

(c) Iron

(d) Sodium

Sol: (b) Calcium.

7. Egg is a rich source of _____.

(a) Proteins

(b) Vitamins

(c) Minerals

(d) All of the above

Sol: (d) All of the above.

8. Which of the following food components does not provide any nutrients?

(a) Milk

(b) Water

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- (c) Fruit Juice
- (d) Vegetable soup

Sol: (b) Water.

9. Which of the following food items is the best source of plant proteins?

- (a) Milk
- (b) Egg
- (c) Legumes
- (d) Cheese

Sol: (c) Legumes.

10. Which of the following food components is rich in fat?

- (a) Rice and Maize
- (b) Milk, egg and beans
- (c) Butter, cheese and oil
- (d) None of the above

Sol: (c) Butter, cheese and oil.

11. Which of the following statements is false about nutrients in milk?

- (a) Milk is a good source of calcium
- (b) Milk is a good source of protein
- (c) Milk is a good source of vitamin C
- (d) Milk is a good source of vitamin D

Sol: (c) Milk is a good source of vitamin C.

12. Guava, Lemon, Orange and Tomato are rich in _____.

- (a) vitamin A
- (b) vitamin B

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- (c) vitamin C

(d) vitamin D

Sol: (c) vitamin C.

13. Potatoes, cereals, beans, pulses and oats are rich in _____.

(a) Proteins

(b) Vitamins

(c) Minerals

(d) Carbohydrates

Sol: (d) Carbohydrates.

14. Which of the following is not a component of food?

(a) Fats

(b) Fibres

(c) Water

(d) None of the above

Sol: (d) None of the above.

15. The most significant and essential mineral required for our body is _____.

(a) Iron

(b) Sodium

(c) Calcium

(d) All of the above

Sol: (d) All of the above.

16. The cause of short-term or acute vitamin A poisoning is due to

(a) Eating the liver of Mule deer

(b) Eating the liver of Buffalo

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(c) Eating the liver of Ostrich

(d) Eating the liver of Polar bear

Sol: (d) Eating the liver of Polar bear.

17. Which of the following is the most essential nutrient for a woman during her initial stages of pregnancy to prevent birth defects?

- (a) Thiamin
- (b) Folic acid
- (c) Vitamin C
- (d) Vitamin E

Sol: (b) Folic acid.

18. Which of the following food sources has the highest levels of vitamin C?

- (a) Parsley
- (b) Broccoli
- (c) Black currants
- (d) Orange juice

Sol: (c) Black currants.

19. Which of the following vitamin helps in blood clotting?

- (a) Vitamin A
- (b) Vitamin C
- (c) Vitamin D
- (d) Vitamin K

Sol: (d) Vitamin K.

20. Which is the leading cause of blindness in children worldwide?

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- (a) Glaucoma

- (b) Cataracts
- (c) Colour blindness
- (d) Vitamin A deficiency

Sol: (d) Vitamin A deficiency.

21. Which of the following vitamin deficiency causes Beriberi?

- (a) Vitamin B1
- (b) Vitamin B2
- (c) Vitamin B6
- (d) Vitamin B12

Sol: (a) Vitamin B1.

22. Who is most likely to develop scurvy – A vitamin C deficiency?

- (a) A pregnant woman
- (b) A malnourished child
- (c) A long-time alcoholic
- (d) A person with the eating disorder anorexia nervosa

Sol: (c) A long-time alcoholic.

23. Which of the following vitamin functions as both, hormone and visual pigment?

- (a) Thiamine
- (b) Retinal
- (c) Riboflavin
- (d) Folic acid

Sol: (b) Retinal.

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24. Which of the following nutrient deficiency causes megaloblastic anaemia?

- (a) Folic acid
- (b) Niacin
- (c) Pyridoxine
- (d) Cobalamin

Sol:(a) Folic acid.

25. Which of the following is a fat-soluble vitamin?

- (a) Vitamin B
- (b) Vitamin C
- (c) Vitamin B12
- (d) Vitamin K

Sol:(d) Vitamin K.

List of Students

Group - A	Group - B
Likitha	Nikhil
Anil	Roshni
Shreya	Hemadatta
Mallikarjun	Nagajyothi
Rajesh	Pranoy Roy
Prathusha	Sashikar
Revanth	Meghana
Narendra	Likhita
Naveen	Kartheek
Sajidha	Gopi