



SREE CHITRA TIRUNAL INSTITUTE FOR MEDICAL SCIENCES & TECHNOLOGY

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ROLL NUMBER

**WRITTEN TEST FOR THE POST OF ASSISTANT DIETICIAN -A**

DATE: 13/09/2023

TIME: 11 To 12.30 pm

DURATION: 90 MINUTES

Total Marks: 100

**INSTRUCTIONS TO THE CANDIDATES**

1. Write your Roll Number on the top of the Question Booklet and in the OMR sheet.
2. Each question carries one (1) mark.
3. There will be no Negative Marking.
4. Each question carries 4 options i.e., A, B, C & D. Darken completely, the bubble corresponding to the most appropriate answer using blue or black ball point pen.
5. Marking more than one option will invalidate the answer.
6. Candidate should sign in the question paper and OMR sheet.
7. No clarifications will be given.
8. Candidate should hand over the OMR sheet and question paper to the invigilator before leaving the examination hall.

Signature of the Candidate

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### Assistant Dietician- A 13/09/2023

1. Trans fat in our foods is one of the main risk factors for
  - a. Non-communicable diseases
  - b. Communicable diseases
  - c. Auto-immune disorders
  - d. Inborn errors of metabolism.
2. In 2018, the World Health Organization (WHO) called for the global elimination of industrially produced trans fats by
  - a. 2023
  - b. 2024
  - c. 2025
  - d. 2030
3. Which one of the following vitamins is most likely to be destroyed while cooking?
  - a. A
  - b. D
  - c. K
  - d. C
4. The reference Indian adult man by ICMR, NIN is a man who is 19-39 years old, with a body weight of
  - a. 55kg
  - b. 50 kg
  - c. 60kg
  - d. 65 kg
5. The reference Indian adult woman by ICMR, NIN is a woman who is 19-39 years old, with a body weight of
  - a. 45 kg
  - b. 50 kg
  - c. 55 kg
  - d. 60 kg
6. The total energy requirement or total energy expenditure (TEE) of an individual derived from basal metabolic rate (BMR) and physical activity level (PAL) is as follows:
  - a.  $TEE = BMR + PAL$
  - b.  $TEE = BMR \times PAL$

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- c. TEE = BMR - PAL
  - d. TEE = BMR = PAL
7. In India, the major source of protein in the diet is from
- a. Cereal based diet
  - b. Milk based diet
  - c. Meat-based diet
  - d. Fruits and vegetables-based diet
8. Cereals and millets lack which of the following amino acids?
- a. Methionine and cysteine
  - b. Methionine and lysine
  - c. Tryptophan and cysteine
  - d. Lysine and tryptophan
9. Protein quality is an index of how well a protein meets the requirements of
- a. essential amino acids
  - b. non-essential amino acids
  - c. branched-chain amino acids
  - d. immunity-enhancing amino acids
10. Full form of DIAAS
- a. direct indispensable amino acid score
  - b. digestible indispensable amino acid score
  - c. digestible intact amino acid score
  - d. digestible ileal amino acid score
11. The cereal-legume-milk composition of the diet for good protein quality by ICMR is
- a. 3:1:3.5
  - b. 3:1:2
  - c. 3:1:5
  - d. 3:1:2.5
12. As part of a healthy diet, intake of free sugars should be limited to
- a. to less than 20% of total energy intake
  - b. to less than 10% of total energy intake
  - c. to less than 1% of total energy intake
  - d. to less than 5% of total energy intake
13. What is the recommended dietary daily allowance of protein for adults?
- a. 1.0-1.2 gms/kg/day

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- b. 0.8 gms/kg/day
  - c. 0.5 gms/kg/day
  - d. 0.95 gms/kg/day
14. To prevent hypertension, and reduce the risk of heart disease and stroke in the adult population, salt intake should be limited to
- a. less than 7g per day
  - b. less than 15 g per day
  - c. less than 5 g per day
  - d. less than 10 g per day
15. The physiologically active form of Vitamin D is
- a. Calcitriol
  - b. Calcitonin
  - c. Choleferol
  - d. Cholestatin
16. Celiac disease, an autoimmune disease that occurs in genetically predisposed persons where the ingestion of ..... leads to damage in the small intestine
- a. ingestion of casein
  - b. ingestion of gluten
  - c. ingestion of copper
  - d. ingestion of lactose
17. Gastroparesis refers to
- a. a stomach that empties slowly
  - b. a food pipe that empties slowly
  - c. a small intestine that empties slowly
  - d. a large intestine that empties slowly
18. In the nutrition care process ADIME the acronym is used for
- a. Assessment, Diagnosis, Intervention, Monitoring and Evaluation
  - b. Assess, Define, Intervene, and Monitor and Evaluate
  - c. Apply, Diagnosis, Intervention, and Monitoring and Evaluating
  - d. Ask, Diagnose, Intervene, and Monitor and Evaluate
19. Refeeding syndrome is
- a. characterized by rapid weight gain after initiation of nutrition.

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- b. an abnormal electrolyte and fluid shifts leading to many organ dysfunctions in an individual who is rapidly fed after a period of severe undernourishment.
  - c. has been reported to present with sudden cardiac death.
  - d. would be an indication to discontinue parenteral nutrition.
20. Which of the following is not a macronutrient?
- a. Carbohydrates
  - b. Calcium
  - c. Proteins
  - d. Fats
21. What is the source of protein used in TPN?
- a. Alpha globulins
  - b. Beta globulins
  - c. Free amino acids
  - d. Immunoglobulins
22. A patient with galactosemia visits the dietician. Which of the following would be avoided from his/her diet planning?
- a. Curd
  - b. Sugar
  - c. Meat
  - d. Eggs
23. Phenylketonuria (PKU) is a genetic disorder caused the deficiency of
- a. Phenylalanine hydroxylase
  - b. Phenyl pyruvic acid reductase
  - c. Tryptophan hydroxylase
  - d. Histidine hydroxylase
24. A person who has had a renal transplant should regulate the intake of
- a. carbohydrates
  - b. proteins
  - c. fats
  - d. vitamins
25. Which of the following groups have the highest BMR per body weight?
- a. Infants
  - b. Children
  - c. Adolescents
  - d. Adults
26. A person who is suffering from high blood pressure should cut down on

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- a. Magnesium
  - b. Sodium
  - c. Calcium
  - d. Potassium
27. The process by which ATP is synthesized by cells (in mitochondria) is named as
- a. Photosystem
  - b. Phosphorylation
  - c. Glycolysis
  - d. Hydrolysis
28. Which of the following is NOT a type of millet?
- a. Quinoa
  - b. Sorghum (Jowar)
  - c. Ragi
  - d. Bajra
29. Which protein is highly lost in nephrotic syndrome?
- a. globulin
  - b. plant protein
  - c. animal protein
  - d. albumin
30. Gestational diabetes is a disease developed during
- a. the second and third trimester of pregnancy
  - b. first trimester of pregnancy
  - c. third trimester of pregnancy
  - d. first and second trimester of pregnancy
31. .... is a unique period of opportunity when the foundations of optimum health, growth, and neurodevelopment across the lifespan are established.
- a. the period between first and 3<sup>rd</sup> birthday of child
  - b. the period between mother's first and second child delivery
  - c. the period between birth day and the date of child's 3<sup>rd</sup> birthday
  - d. the first 1000 days of life
32. Which of the following plant sources have the highest protein?
- a. Black gram
  - b. Soyabean
  - c. Dry peas
  - d. Bengal gram

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33. The most basic method of assessing body composition are
- DEXA
  - BCA
  - MRI
  - Anthropometric measurements
34. Sarcopenia is
- the age-related progressive loss of body fat.
  - the age-related progressive loss of muscle mass and strength.
  - progressive loss of bone mass and strength.
  - the injury-related progressive loss of muscle mass and strength.
35. Muscle loss and wasting condition that is associated with an underlying illness is known as
- sarcopenia
  - cachexia
  - marasmus
  - kwashiorkor
36. Millets are considered a good option for people with .....sensitivity
- Gluten
  - Fat
  - Amines
  - Fructose
37. Ghrelin is a 28-amino-acid peptide predominantly secreted in the stomach and stimulates
- growth hormone (GH) release.
  - appetite
  - appetite and growth hormone (GH) release.
  - Release of biliary secretions
38. Saliva hydrolyses starch into maltose, and dextrin by
- protease
  - amylase
  - pepsin
  - sucrase
39. When stomach acid repeatedly flows back into the esophagus, it is known as
- Barrett's esophagus

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- b. Acidity
  - c. Gastroesophageal reflux disease (GERD)
  - d. Gastritis
40. A FODMAP diet is a 3-step diet used to help manage the symptoms of medically diagnosed
- a. irritable bowel syndrome
  - b. Hepatomegaly
  - c. Cancer cachexia
  - d. Goitre
41. A condition in which food, especially food high in sugar, moves from your stomach into your small bowel too quickly after you eat is
- a. dumping syndrome
  - b. gastroparesis
  - c. short bowel syndrome
  - d. lactose intolerance
42. Small, bulging pouches (diverticula) develop in your digestive tract is known as
- a. Tropical sprue
  - b. Diverticulosis
  - c. Gastritis
  - d. Peptic ulcer
43. Pernicious anemia is caused by deficiency of
- a. Iron.
  - b. Folic acid.
  - c. Vitamin B12.
  - d. Vitamin A
44. An application of the nutrition screening tools in a patient predict
- a. the dietary intake
  - b. the risk of malnutrition
  - c. the age of the patient
  - d. anthropometric profile
45. The MNA® is a validated nutrition screening and assessment tool used in
- a. infants

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- b. adults
  - c. elderly
  - d. adolescence
46. Many guidelines recommend the daily consumption of nuts as part of a cardioprotective diet as
- a. 30 g
  - b. 10 g
  - c. 15g
  - d. 5g
47. Millet containing higher amount of calcium is
- a. kutki
  - b. bajra
  - c. kodo
  - d. ragi
48. A low purine diet is often prescribed for people with
- a. Hyperuricemia
  - b. Chronic kidney disease
  - c. Nephrotic syndrome
  - d. Renal failure
49. The largest endocrine gland of the body is
- a. pineal gland
  - b. salivary gland
  - c. thyroid gland
  - d. adrenal gland
50. The study of the effects of food and food constituents on gene expression, and how genetic variations affect the nutritional environment.is
- a. genetics
  - b. bio-genetics
  - c. nutrigenomics
  - d. genetic modified foods
51. 2,300 mg of sodium is approximately equivalent to
- a. 1 teaspoon of salt
  - b. 2 teaspoons of salt
  - c. 3 teaspoons of salt

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- d. 4 teaspoons of salt
52. The pioneering Indian Food Composition Table was brought out in the year
- 1900
  - 1937
  - 1947
  - 1957
53. What is FAOSTAT?
- Food and Agriculture Organization Corporate Statistical Database
  - Food and Assessment Organization Statement
  - Food and Agriculture Organized Statistics
  - Food and Agriculture Organization Statement
54. Vitamin K is known as
- 2-methyl-1,4-quinone
  - 2-methyl-1,4-naphthoquinone
  - 1,4-naphthoquinone
  - 2-acetyl-1,4-naphthoquinone
55. Monosaccharides and disaccharides added to foods and beverages by the manufacturer, cook or consumer, and sugars naturally present in honey are
- starch
  - free sugars
  - fructose
  - organic sugars
56. Folic acid is synthesized by bacteria from the substrate
- para-amino-benzoic acid
  - benzoic acid
  - amino acid
  - amines
57. Within the Extracellular fluid, the major cation is ..... and the major anion is .....
- The major electrolyte in the extra-cellular fluid the major cation and anion is
- sodium and chloride
  - sodium and potassium
  - potassium and chloride
  - calcium and sodium
58. The major cation in the intracellular fluid is

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- a. sodium
  - b. chloride
  - c. potassium
  - d. selenium
59. Folic acid is an essential nutrient necessary for synthesis of
- a. Vitamin D
  - b. Fat globules
  - c. Thiamine
  - d. Protein and nucleic acid
60. Fibers present in nuts, legumes and oatmeal which can help lower glucose levels as well as help lower blood cholesterol are
- a. soluble fibres
  - b. insoluble fibres
  - c. flax fibers
  - d. ramie fibres
61. Fibre present in whole grains, most vegetables, and wheat bran which can help food move through digestive system, promoting regularity and helping prevent constipation are
- a. flax fibers
  - b. ramie fibre
  - c. insoluble fibers
  - d. soluble fibers
62. Vitamin B9 is commonly known as
- a. Thiamine.
  - b. Riboflavin.
  - c. Folic acid.
  - d. Ascorbic acid
63. Metabolism is governed primarily by the hormones secreted by the
- a. pineal gland
  - b. thyroid gland
  - c. adrenal gland
  - d. pancreas
64. Bomb calorimeter is a
- a. device used to scientifically determine the kcal value of foods
  - b. device used to scientifically determine the amount of physical activity

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- c. a type of oven to scientifically determine the heat value of foods
  - d. a type of bomb to scientifically determine the explosive capacity of foods
65. The gold standard to determine energy expenditure, by measuring pulmonary gas exchanges is
- a. indirect calorimetry
  - b. direct calorimetry
  - c. bomb calorimeter
  - d. body composition analyser
66. An infant born before 37 weeks gestation is considered to be
- a. still birth
  - b. preterm
  - c. full term
  - d. mature
67. High blood pressure and signs of liver or kidney damage that occur in women after the 20th week of pregnancy is
- a. Pre-eclampsia
  - b. metabolic syndrome
  - c. hypertension
  - d. hypotension
68. DASH diet is
- a. dietary approaches to stop hypertension
  - b. dietary approaches to stop hyperthyroidism
  - c. diet for artery survival and health
  - d. diet of allied systems of health
69. Uraemia is a clinical condition associated with worsening of
- a. cardiac function
  - b. neurological function
  - c. renal function
  - d. dietary function
70. Which of these illnesses is NOT caused by bacteria?
- a. Cholera.
  - b. Typhoid.
  - c. Botulism.
  - d. Hepatitis A

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71. Accumulation of tryptophan in blood is known as
- Pompe's disease
  - Wilson's disease
  - Wolman's disease
  - Hartnup's disease
72. Tocopherol is used in foods as
- Acidity regulator.
  - Stabilizer.
  - Antioxidant.
  - Emulsifier
73. Milk is a poor source of
- Calcium
  - Protein
  - Carbohydrate
  - Vitamin C
74. The pathological extension of the stress response; is known as
- Systemic inflammatory response syndrome (SIRS)
  - Multiple Organ Dysfunction Syndrome (MODS)
  - Corticotrophin-releasing factor (CRF)
  - Adrenocorticotrophic hormone response (ACTH)
75. Nomenclature of non-alcoholic fatty liver disease (NAFLD) is now
- metabolic dysfunction-associated fatty liver disease
  - metabolic associated fatty liver disease
  - metabolic fatty liver disease
  - metabolic (dysfunction)-fatty liver
76. BRAT is an acronym for
- beans, rice, applesauce and toast
  - bananas, rice, applesauce and toast
  - bananas, rice, avocado and toast
  - bananas, rice, applesauce and tomato

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77. A nutrition assessment tool that refers to an overall evaluation of a patient's history and physical examination and uses structured clinical parameters to diagnose malnutrition is
- subjective global assessment
  - objective global assessment
  - global assessment
  - nutritional assessment
78. A measure of the sum of the muscle and subcutaneous fat in the upper arm is
- Mid Under Arm Circumference
  - Mid Upper Arm Circumference
  - Middle Upper Arm Circumference
  - Modified Upper Arm Circumference
79. Dyspepsia is
- not thirsty
  - indigestion
  - thirsty
  - digestion
80. The prognostic nutrition index (PNI) is calculated based on the serum albumin concentration and peripheral blood lymphocyte count, and is an indicator of the nutritional and immune status of
- cardiac patients
  - cancer patients
  - burn patients
  - renal patients
81. Secondary lactose intolerance occurs when the gut lining (where lactase is produced)
- damages
  - develops
  - increases
  - gets twisted
82. When your body can't break down or digest lactose, it is called
- lactose sufficiency
  - lactose deficiency
  - lactose intolerance
  - lactic acid intolerance
83. Gluconeogenesis occurs in the

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- a. liver and kidneys
  - b. lungs
  - c. stomach
  - d. skin
84. Gluconeogenesis supplies the needs for
- a. plasma glucose
  - b. plasma protein
  - c. plasma albumin
  - d. plasma calcium
85. A process used to quickly identify those who may be at risk of malnutrition so that a full nutrition assessment and appropriate nutrition intervention can be provided is
- a. nutrition care process
  - b. nutrition screening
  - c. nutrition scan
  - d. nutrition counselling
86. The process in which glucose is broken down to produce energy is
- a. glycogen
  - b. glycolysis
  - c. glucose
  - d. gluconeogenesis
87. When caloric intake is insufficient to meet normal metabolic demands
- a. ketoacidosis develops
  - b. acid develops
  - c. hyperinsulinemia develops
  - d. lipids develop
88. Full form of SAM is
- a. severe acute malnutrition
  - b. sub-acute malnutrition
  - c. severe aid malnutrition
  - d. severe acute marasmus
89. A child is defined as 'stunted' if the child is
- a. too short for age
  - b. weighs less for age
  - c. too chubby

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- d. having Downs syndrome
90. Full form of FSSAI is
- Food safety and standards archives of India
  - Food safety and standards authority of India
  - For safety and standards authority of India
  - Food solutions and standards authority of India
91. An FSSAI Certification Number issued to any food business would comprise of
- 14 digits
  - 10 digits
  - 11 digits
  - 12 digits
92. The practice of deliberately increasing the content of one or more micronutrients (i.e., vitamins and minerals) in a food or condiment to improve the nutritional quality of the food supply and provide a public health benefit with minimal risk to health is
- enrichment
  - deprivation
  - fortification
  - differentiation
93. An important element of the enhanced recovery after surgery (ERAS) paradigm in adult patients undergoing elective surgery is
- protein loading
  - fat loading
  - electrolyte loading
  - carbohydrate loading
94. Any method of feeding that uses the gastrointestinal (GI) tract to deliver nutrition and calories is referred as
- oral nutrition
  - parenteral nutrition
  - enteral nutrition
  - direct nutrition
95. Enteral formulas containing whole proteins, complex carbohydrates, and long chain triglycerides, meaning the nutrients are intact and have not been broken down are
- simple
  - polymeric

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- c. complex
  - d. elemental
96. Enteral nutrition that provides the body with essential nutrients in a "predigested" form is
- a. elemental diet
  - b. powder diet
  - c. balanced diet
  - d. long chain diet
97. Enteral formulas containing proteins that have been enzymatically hydrolyzed to dipeptides and tripeptides is
- a. peptide based enteral formula
  - b. polymeric formula
  - c. lipid formula
  - d. enzyme formula
98. RUTF refers to
- a. ready to use therapeutic food
  - b. ready universal tiffin food
  - c. right to use therapeutic food
  - d. recovery useful therapeutic food
99. F-75 and F-100 therapeutic milks are used for treatment of children with Severe Acute Malnutrition with medical complications in
- a. an outpatient setting
  - b. an inpatient setting
  - c. home setting
  - d. ambulatory setting
100. According to FSSAI regulations whole wheat bread must contain at least
- a. 25% whole wheat flour
  - b. 50% whole wheat flour
  - c. 75% whole wheat flour
  - d. 100% whole wheat flour

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**ANSWER KEY FOR ASSISTANT DIETICIAN - A 13/09/2023**

Q.NO	Ans								
1	a	2	a	3	d	4	d	5	c
6	b	7	a	8	d	9	a	10	b
11	d	12	b	13	b	14	c	15	a
16	b	17	a	18	a	19	b	20	b
21	c	22	a	23	a	24	b	25	a
26	b	27	b	28	a	29	d	30	a
31	d	32	b	33	d	34	b	35	b
36	a	37	c	38	b	39	c	40	a
41	a	42	b	43	c	44	b	45	c
46	a	47	d	48	a	49	c	50	c
51	a	52	b	53	a	54	b	55	b
56	a	57	a	58	c	59	d	60	a
61	c	62	c	63	b	64	a	65	a
66	b	67	a	68	a	69	c	70	d
71	d	72	c	73	d	74	a	75	a
76	b	77	a	78	b	79	b	80	b
81	a	82	c	83	a	84	a	85	b
86	b	87	a	88	a	89	a	90	b
91	a	92	c	93	d	94	c	95	b
96	a	97	a	98	a	99	b	100	c

Revised Answer Key: Answer key of Question Number 15 changed to 'A' and 43 changed to 'C'

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