**PHS202 Exams & Answers**

**Q41 The essential amino acid in protien are necessary for \_\_\_\_\_**  
 energy  
**body building and repairment**  
 protection  
 all of the options

**Q42 The word protien means \_\_\_\_**  
**To come first**  
 to be important  
 to come last  
 to be useful

**Q43 Digestion of carbohydrate begins in the \_\_\_\_\_**  
 small intestine  
 large intestine  
**mouth**  
 stomach

**Q44 The following enzymes are found in the intestine except\_\_\_\_\_-**  
** ptyalin**  
 sucrase  
 maltase  
 Lactase

**Q45 Minerals and vitamins in our diet perform certain \_\_\_\_\_ function**  
 growth  
**regulatory**  
 activity  
 all of the options

**Q46 one of the major causes of childhood malnutrition in the developing countries is \_\_\_\_\_**  
 Skin colour  
 advertisement  
**religion/culture**  
 gender

**Q47 Which of the following options is not a factor that affects food choices**  
 family influence  
 advertisement  
 religion  
** skin colour**

**Q48 The end product of carbohydrate digestion is \_\_\_\_\_\_\_**  
 fructose  
 maltose  
**glucose**  
 Galactose

**Q49 Monosaccharides are examples of \_\_\_\_\_\_\_\_**  
 complex carbohydrate  
**simple carbohydrate**  
 options A and B  
 none of the options

**Q50 The type of carbohydrate that are easily digestible by humans and animals are \_\_\_\_\_**  
**simple carbohydrate**  
 complex carbohydrate  
 polysaccharide  
 all of the options

**Q51 A \_\_\_\_\_ person has good apetite**  
 sick  
**healthy**  
 matured  
 all of the options

**Q52 Which of these options is the body building material in foods ?**  
 carbohydrate  
**protien**  
 vitamin  
 fat/oil

**Q53 Which option is not an energy giving nutrient?\_\_\_\_\_\_-**  
 carbohydrate  
 fats/oil  
**vitamin**  
 none of the options

**Q54 The primary function of food is to supply \_\_\_\_\_**  
 Vitamin  
 minerals  
** energy**  
 none of the options

**Q55 The ways in which human beings use which includes selection, touch, smell and presentation is referred to as**  
**food habits**  
 food fad  
 food processing  
 food storage

**Q56 Food habit is also referred to as \_\_\_\_\_\_\_\_**  
**food culture**  
 food fad  
 food processing  
 all of the options

**Q57 Energy requirement is increased during all the following except\_\_\_**  
 pregnancy  
**oldage**  
 infancy  
 lactation

**Q58 One grain of carbohydrate will supply \_\_\_\_\_\_ to the body**  
 3 kilocalorie  
 7 kilocalorie  
 5 kilocalorie  
**4 kilocalorie**

**Q59 \_\_\_\_\_\_\_ is popularly referred to as milk sugar**  
 Glucose  
 fructose  
**Lactose**  
 Galactose

**Q60 \_\_\_\_\_ spares protien of being used as a source of energy**  
 fat/oil  
** carbohydrate**  
 vitamin  
 minerals