



MCQS ON HUMAN PHYSIOLOGY AND FOOD SCIENCE

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HUMAN PHYSIOLOGY

UNIT-1

1. What is the primary function of red blood cells (erythrocytes)?

- a. Oxygen transport
- b. Immune response
- c. Blood clotting
- d. Hormone production

Answer: a. Oxygen transport

2. Which type of tissue provides support and protection for organs and structures in the body?

- a. Nervous tissue
- b. Epithelial tissue
- c. Connective tissue
- d. Muscle tissue

Answer: c. Connective tissue

3. What is the role of platelets in the blood?

- a. Carrying oxygen
- b. Blood clotting
- c. Fighting infections

d. Producing antibodies

Answer: b. Blood clotting

4. Which component of the immune system is responsible for recognizing and neutralizing specific pathogens?

- a. White blood cells
- b. Antibodies
- c. Platelets
- d. Red blood cells

Answer: b. Antibodies

5. What is the main function of the lymphatic system in the human body?

- a. Oxygen transport
- b. Nutrient absorption
- c. Immune system support
- d. Hormone production

Answer: c. Immune system support

6. Which type of cell is known for its role in engulfing and digesting foreign particles, such as bacteria?

- a. T cells

- b. B cells
- c. Macrophages
- d. Natural killer cells

Answer: c. Macrophages

7. What is the purpose of the bone marrow in the context of blood cells?

- a. Oxygen storage
- b. Red blood cell production
- c. Antibody synthesis
- d. Platelet activation

Answer: b. Red blood cell production

8. What is the basic structural and functional unit of life in all living organisms?

- a. Tissue
- b. Organ
- c. Cell
- d. Organism

Answer: c. Cell

9. In which part of the cell does the process of protein synthesis occur?

- a. Nucleus
- b. Cytoplasm
- c. Mitochondria
- d. Endoplasmic reticulum

Answer: d. Endoplasmic reticulum

10. Red blood cells are also known as:

- a. Leukocytes
- b. Platelets
- c. Erythrocytes
- d. Plasma cells

Answer: c. Erythrocytes

11. Which white blood cells are primarily responsible for the immune response and defence against pathogens?

- a. Neutrophils
- b. Eosinophils
- c. Lymphocytes
- d. Monocytes

Answer: c. Lymphocytes

12. What is the role of antibodies in the immune system?

- a. Blood clotting
- b. Antigen recognition
- c. Oxygen transport
- d. Cellular respiration

Answer: b. Antigen recognition

13. Which organelle is responsible for the production of ATP (adenosine triphosphate) in the cell?

- a. Nucleus
- b. Mitochondrion
- c. Endoplasmic reticulum
- d. Golgi apparatus

Answer: b. Mitochondria

14. Which organelle is involved in the synthesis of proteins in the cell?

- a. Lysosome
- b. Ribosome

- c. Vacuole
- d. Peroxisome

Answer: b. Ribosome

15. What is the main function of the Golgi apparatus in the cell?

- a. Energy production
- b. Protein synthesis
- c. Cellular respiration
- d. Protein modification and packaging

Answer: d. Protein modification and packaging

16. Which organelle is responsible for the breakdown of cellular waste and old organelles?

- a. Endoplasmic reticulum
- b. Lysosome
- c. Nucleus
- d. Vacuole

Answer: b. Lysosome

17. What is the function of the endoplasmic reticulum in the cell?

- a. Storage of genetic material

- b. Synthesis of lipids and steroids
- c. Regulation of cell shape
- d. Synthesis of ribosomal RNA

Answer: b. Synthesis of lipids and steroids

18. Which type of cell lacks a nucleus and membrane-bound organelles?

- a. Eukaryotic cell
- b. Prokaryotic cell
- c. Plant cell
- d. Animal cell

Answer: b. Prokaryotic cell

19. What type of tissue covers the body surfaces and lines internal organs?

- a. Connective tissue
- b. Nervous tissue
- c. Epithelial tissue
- d. Muscle tissue

Answer: c. Epithelial tissue

20. Which of the following is a connective tissue cell that produces fibers in the extracellular matrix?

- a. Neuron
- b. Fibroblast
- c. Adipocyte
- d. Epithelial cell

Answer: b. Fibroblast

21. What type of muscle tissue is under voluntary control?

- a. Skeletal muscle
- b. Cardiac muscle
- c. Smooth muscle
- d. Connective muscle

Answer: a. Skeletal muscle

22. In which organ would you find goblet cells producing mucus?

- a. Liver
- b. Kidney
- c. Stomach
- d. Small intestine

Answer: c. Stomach

23. What is the function of adipose tissue in the body?

- a. Support and protect organs
- b. Contraction for movement
- c. Store energy in the form of fat
- d. Transmit electrical signals

Answer: c. Store energy in the form of fat

24. Which type of tissue is responsible for transmitting electrical impulses in the body?

- a. Connective tissue
- b. Nervous tissue
- c. Muscle tissue
- d. Epithelial tissue

Answer: b. Nervous tissue

25. What is the function of red blood cells in the circulatory system?

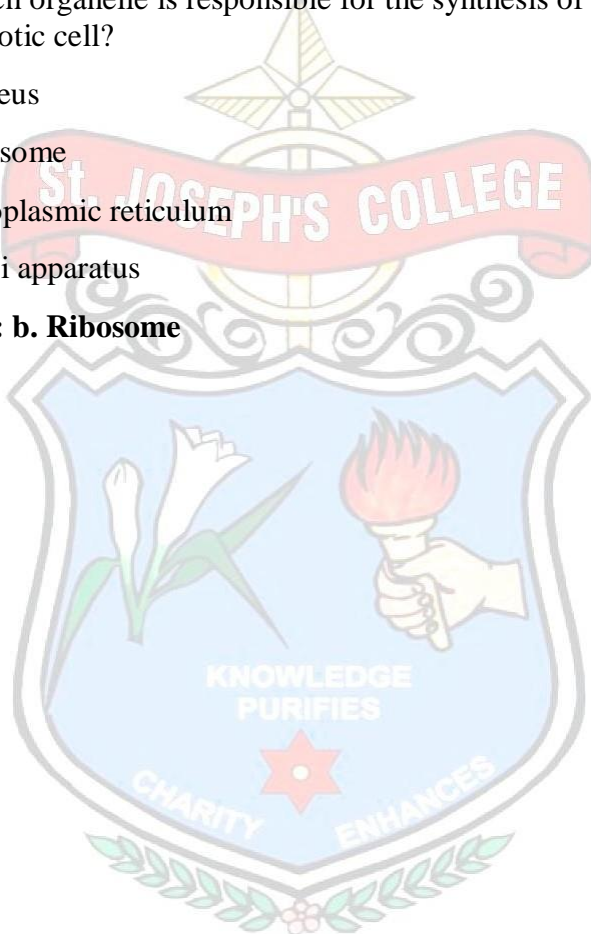
- a. Carry oxygen
- b. Fight infections
- c. Clot blood
- d. Produce antibodies

Answer: a. Carry oxygen

26. Which organelle is responsible for the synthesis of proteins in a eukaryotic cell?

- a. Nucleus
- b. Ribosome
- c. Endoplasmic reticulum
- d. Golgi apparatus

Answer: b. Ribosome



UNIT-2

1. Which part of the nervous system is responsible for involuntary functions such as heartbeat and digestion?

- a. Central nervous system
- b. Peripheral nervous system
- c. Autonomic nervous system
- d. Somatic nervous system

Answer: c. Autonomic nervous system

2. What is the main function of neurons in the nervous system?

- a. Producing hormones
- b. Transmitting electrical signals
- c. Storing nutrients
- d. Providing structural support

Answer: b. Transmitting electrical signals

3. Which lobe of the brain is primarily responsible for processing visual information?

- a. Frontal lobe
- b. Parietal lobe
- c. Temporal lobe
- d. Occipital lobe

Answer: d. Occipital lobe

4. The spinal cord is part of which division of the nervous system?

- a. Central nervous system
- b. Peripheral nervous system
- c. Autonomic nervous system
- d. Somatic nervous system

Answer: a. Central nervous system

5. Which sense organ is responsible for the sense of hearing?

- a. Eye
- b. Ear
- c. Nose
- d. Tongue

Answer: b. Ear

6. What is the role of the cerebellum in the brain?

- a. Control of voluntary movements
- b. Memory storage
- c. Regulation of body temperature
- d. Emotional processing

Answer: a. Control of voluntary movements

7. Which neurotransmitter is commonly associated with mood regulation and feelings of pleasure?

- a. Serotonin
- b. Dopamine
- c. Acetylcholine
- d. GABA

Answer: b. Dopamine

8. The cornea is a transparent structure located in which part of the body?

- a. Eye
- b. Ear
- c. Nose
- d. Mouth

Answer: a. Eye

9. Which part of the nervous system is responsible for voluntary muscle movements?

- a. Central nervous system
- b. Peripheral nervous system

- c. Autonomic nervous system
- d. Somatic nervous system

Answer: d. Somatic nervous system

10. What is the main function of the cerebellum in the brain?
- a. Memory storage
 - b. Coordination of movements
 - c. Regulation of body temperature
 - d. Emotional processing

Answer: coordination of movements

11. Which sense organ is responsible for the sense of smell?
- a. Eye
 - b. Ear
 - c. Nose
 - d. Tongue

Answer: c. Nose

12. What is the primary function of the retina in the eye?
- a. Colour vision
 - b. Light detection

- c. Hearing
- d. Taste perception

Answer: b. Light detection

13. Which neurotransmitter is commonly associated with transmitting signals between nerve cells?

- a. Serotonin
- b. Dopamine
- c. Acetylcholine
- d. Endorphin

Answer: c. Acetylcholine

14. In the context of the nervous system, what does the term "synapse" refer to?

- a. Nerve cell body
- b. Gap between nerve cells
- c. Protective covering of nerves
- d. Impulse generator

Answer: b. Gap between nerve cells

15. What is the main function of the cochlea in the ear?

- a. Balance and equilibrium
- b. Sound perception and hearing
- c. Temperature regulation
- d. Vision enhancement

Answer: b. Sound perception and hearing

16. Which part of the brain is responsible for coordinating voluntary muscle movements and maintaining balance?

- a. Cerebrum
- b. Cerebellum
- c. Medulla oblongata
- d. Thalamus

Answer: b. Cerebellum

17. What is the primary function of the frontal lobe of the cerebrum?

- a. Vision processing
- b. Motor control
- c. Hearing
- d. Memory consolidation

Answer: b. Motor control

18. Which structure connects the two hemispheres of the brain and facilitates communication between them?

- a. Corpus callosum
- b. Hippocampus
- c. Amygdala
- d. Pituitary gland

Answer: a. Corpus callosum

19. What is the primary role of the hypothalamus in the brain?

- a. Regulation of body temperature and metabolism
- b. Processing visual information
- c. Controlling voluntary movements
- d. Emotional processing

Answer: a. Regulation of body temperature and metabolism

20. Which part of the brain is responsible for the processing of sensory information and relaying it to the appropriate regions of the cortex?

- a. Thalamus
- b. Hypothalamus
- c. Pons
- d. Midbrain

Answer: a. Thalamus

21. What is the function of the amygdala in the brain?

- a. Regulation of sleep-wake cycles
- b. Memory consolidation
- c. Emotional processing, including fear and pleasure
- d. Coordination of voluntary movements

Answer: c. Emotional processing, including fear and pleasure

22. Which part of the brainstem is responsible for controlling basic life functions such as breathing, heartbeat, and blood pressure?

- a. Medulla oblongata
- b. Pons
- c. Midbrain
- d. Reticular formation

Answer: a. Medulla oblongata

23. Which neurotransmitter is associated with mood regulation and is often targeted in the treatment of depression?

- a. Serotonin
- b. Dopamine

- c. Acetylcholine
- d. GABA

Answer: a. Serotonin

24. What is the function of the hippocampus in the brain?

- a. Regulation of body temperature
- b. Learning and memory
- c. Emotional processing
- d. Motor coordination

Answer: b. Learning and memory

25. Which part of the brain is responsible for processing auditory information?

- a. Cerebrum
- b. Cerebellum
- c. Temporal lobe
- d. Frontal lobe

Answer: c. Temporal lobe

26. What is the role of the prefrontal cortex in the brain?

- a. Motor control

- b. Decision-making, planning, and personality expression
- c. Vision processing
- d. Regulation of heart rate

Answer: b. Decision-making, planning, and personality expression

27. Which gland is often referred to as the "master gland" and regulates the endocrine system?

- a. Pineal gland
- b. Thyroid gland
- c. Pituitary gland
- d. Adrenal gland

Answer: c. Pituitary gland

28. What is the primary function of the meninges in the brain?

- a. Sensory processing
- b. Protection and support
- c. Hormone production
- d. Memory consolidation

Answer: b. Protection and support

29. Which part of the brain is responsible for regulating sleep and wake cycles?

- a. Hypothalamus
- b. Thalamus
- c. Reticular formation
- d. Pineal gland

Answer: c. Reticular formation

30. What is the primary function of the spinal cord in the nervous system?

- a. Processing visual information
- b. Controlling voluntary movements
- c. Regulating body temperature
- d. Transmitting signals between the brain and the rest of the body

Answer: d. Transmitting signals between the brain and the rest of the body

31. How many regions are typically identified in the human spinal cord based on the vertebrae it is associated with?

- a. 3
- b. 5

- c. 7
- d. 12

Answer: b. 5

32. What is the protective covering around the spinal cord composed of layers of connective tissue?

- a. Meninges
- b. Ganglia
- c. Plexus
- d. Axon

Answer: a. Meninges

33. Where does the spinal cord terminate in most adults?

- a. Lumbar region
- b. Sacral region
- c. Coccygeal region
- d. Thoracic region

Answer: b. Sacral region

34. What is the name of the enlarged region of the spinal cord that innervates the upper limbs?

- a. Cervical enlargement
- b. Thoracic enlargement
- c. Lumbar enlargement
- d. Sacral enlargement

Answer: a. Cervical enlargement

35. Which type of neurons carry sensory signals towards the spinal cord?

- a. Efferent neurons
- b. Motor neurons
- c. Interneurons
- d. Afferent neurons

Answer: d. Afferent neurons

36. The outermost layer of the meninges is called:

- a. Arachnoid matter
- b. Dura matter
- c. Pia matter
- d. Gray matter

Answer: b. Dura matter

37. What is the central canal in the spinal cord filled with?

- a. Cerebrospinal fluid
- b. Blood
- c. Interstitial fluid
- d. Neurotransmitters

Answer: a. Cerebrospinal fluid

38. In the spinal cord, where are cell bodies of motor neurons located?

- a. Gray matter
- b. White matter
- c. Central canal
- d. Pia mater

Answer: a. Gray matter

39. What is the function of the white matter in the spinal cord?

- a. Processing sensory information
- b. Controlling voluntary movements
- c. Transmitting signals between different parts of the spinal cord and the brain
- d. Regulating autonomic functions

Answer: c. Transmitting signals between different parts of the spinal cord and the brain

40. What is the role of the dorsal roots of the spinal nerves?

- a. Carry sensory signals towards the spinal cord
- b. Carry motor signals away from the spinal cord
- c. Connect the spinal cord to the brain
- d. Regulate blood flow in the spinal cord

Answer: a. Carry sensory signals towards the spinal cord

41. Which region of the spinal cord is responsible for controlling involuntary functions such as reflexes?

- a. Dorsal horn
- b. Ventral horn
- c. Central canal
- d. Lateral horn

Answer: b. Ventral horn

42. What is the function of the spinal nerves emerging from the spinal cord?

- a. Regulate hormone production
- b. Control voluntary movements

- c. Transmit sensory and motor signals to and from the body
- d. Maintain body temperature

Answer: c. Transmit sensory and motor signals to and from the body

43. What is the term for the collection of nerve cell bodies outside the central nervous system?

- a. Ganglia
- b. Plexus
- c. Tract
- d. Nucleus

Answer: a. Ganglia

44. The spinal cord is part of the:

- a. Peripheral nervous system
- b. Central nervous system
- c. Autonomic nervous system
- d. Sympathetic nervous system

Answer: b. Central nervous system

UNIT-3

1. What is the primary function of the circulatory system?

- a. Oxygen transport
- b. Nutrient absorption
- c. Immune response
- d. Waste elimination

Answer: a. Oxygen transport

2. Which blood vessels carry oxygenated blood away from the heart to the rest of the body?

- a. Arteries
- b. Veins
- c. Capillaries
- d. Venules

Answer: a. Arteries

3. Where does the exchange of oxygen and carbon dioxide occur in the respiratory system?

- a. Bronchi
- b. Alveoli
- c. Trachea

d. Pharynx

Answer: b. Alveoli

4. The heart is divided into four chambers. Which chamber pumps oxygenated blood to the body?

- a. Left atrium
- b. Left ventricle
- c. Right atrium
- d. Right ventricle

Answer: b. Left ventricle

5. What is the role of haemoglobin in the blood?

- a. Transporting oxygen
- b. Digesting nutrients
- c. Fighting infections
- d. Clotting blood

Answer: a. Transporting oxygen

6. Which respiratory organ is responsible for vocalization and sound production in humans?

- a. Lungs

- b. Trachea
- c. Diaphragm
- d. Larynx

Answer: d. Larynx

7. What is the function of the diaphragm in the respiratory system?

- a. Pumping blood
- b. Filtering air
- c. Facilitating breathing
- d. Exchanging gases

Answer: c. Facilitating breathing

8. Which blood vessel carries deoxygenated blood from the body back to the heart?

- a. Artery
- b. Vein
- c. Capillary
- d. Venule

Answer: b. Vein

9. Which blood vessels carry oxygenated blood away from the heart?

- a. Arteries
- b. Veins
- c. Capillaries
- d. Pulmonary arteries

Answer: a. Arteries

10. What is the main pumping organ of the circulatory system?

- a. Liver
- b. Kidneys
- c. Heart
- d. Lungs

Answer: c. Heart

11. What is the liquid component of blood that carries cells and nutrients throughout the body?

- a. Plasma
- b. Platelets
- c. Serum
- d. Haemoglobin

Answer: a. Plasma

12. In which chamber of the heart does blood receive oxygen before being pumped to the rest of the body?

- a. Right atrium
- b. Left atrium
- c. Right ventricle
- d. Left ventricle

Answer: b. Left atrium

13. Which blood type is known as the "universal donor"?

- a. A
- b. B
- c. AB
- d. O

Answer: d. O

14. What is the term for the tiny blood vessels where oxygen and nutrients are exchanged with tissues?

- a. Arteries
- b. Veins
- c. Capillaries
- d. Venules

Answer: c. Capillaries

15. What is the primary pacemaker of the heart, initiating the electrical impulses for the heartbeat?

- a. Atrioventricular (AV) node
- b. Bundle of His
- c. Sinoatrial (SA) node
- d. Purkinje fibers

Answer: c. Sinoatrial (SA) node

16. Where is the SA node located in the heart?

- a. Right atrium
- b. Left atrium
- c. Right ventricle
- d. Left ventricle

Answer: a. Right atrium

17. Which part of the heart's conduction system is responsible for transmitting electrical signals between the atria and ventricles?

- a. Sinoatrial (SA) node
- b. Atrioventricular (AV) node

- c. Bundle of His
- d. Purkinje fibers

Answer: c. Bundle of His

18. What is the purpose of the atrioventricular (AV) node in the heart's conduction system?

- a. Initiating the heartbeat
- b. Transmitting signals to the atria
- c. Transmitting signals to the ventricles
- d. Modulating heart rate

Answer: c. Transmitting signals to the ventricles

19. Which specialized fibers conduct the electrical impulses to the myocardium, causing the contraction of the ventricles?

- a. Sinoatrial (SA) node
- b. Atrioventricular (AV) node
- c. Bundle of His
- d. Purkinje fibers

Answer: d. Purkinje fibers

20. What is the term for the delay in the transmission of electrical impulses from the atria to the ventricles, allowing for coordinated contractions?

- a. Refractory period
- b. Repolarization
- c. P-wave
- d. PR Interval

Answer: d. PR Interval

21. Which part of the ECG (electrocardiogram) corresponds to the depolarization of the atria?

- a. P-wave
- b. QRS complex
- c. T-wave
- d. PR interval

Answer: a. P-wave

22. What does the QRS complex on an ECG represent?

- a. Depolarization of the ventricles
- b. Repolarization of the atria
- c. Recovery phase of the heart
- d. Atrial contraction

Answer: a. Depolarization of the ventricles

23. During the cardiac cycle, what does the T-wave on an ECG indicate?

- a. Atrial repolarization
- b. Ventricular depolarization
- c. Ventricular repolarization
- d. Atrial contraction

Answer: c. Ventricular repolarization

24. What is the term for the phase in the cardiac cycle when the heart is at rest, and the chambers fill with blood?

- a. Systole
- b. Diastole
- c. Repolarization
- d. Depolarization

Answer: b. Diastole

25. What is the term for the phase in the cardiac cycle when the heart chambers contract and pump blood?

- a. Systole
- b. Diastole
- c. Repolarization
- d. Depolarization

Answer: a. Systole

26. Which neurotransmitter is released by the autonomic nervous system to increase heart rate and force of contraction?

- a. Serotonin
- b. Acetylcholine
- c. Norepinephrine
- d. Dopamine

Answer: c. Norepinephrine

27. What is the role of the sympathetic nervous system in regulating heart function?

- a. Slowing down heart rate
- b. Increasing heart rate and contractility
- c. Initiating the heartbeat
- d. Transmitting signals between atria and ventricles

Answer: b. Increasing heart rate and contractility

28. Which hormone, released by the adrenal glands, increases heart rate and blood pressure during the fight-or-flight response?

- a. Insulin
- b. Cortisol

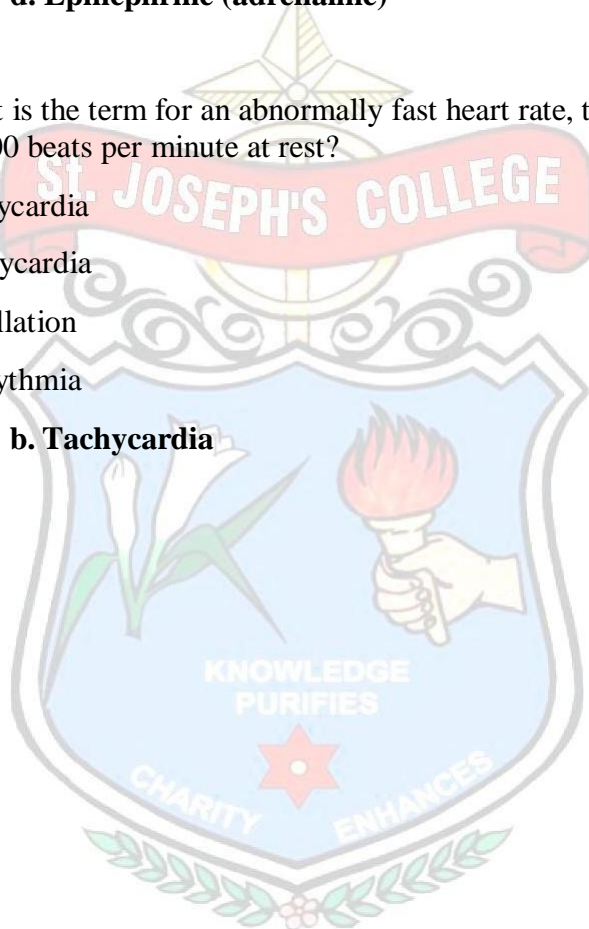
- c. Thyroxine
- d. Epinephrine (adrenaline)

Answer: d. Epinephrine (adrenaline)

29. What is the term for an abnormally fast heart rate, typically above 100 beats per minute at rest?

- a. Bradycardia
- b. Tachycardia
- c. Fibrillation
- d. Arrhythmia

Answer: b. Tachycardia



UNIT-4

1. What is the primary function of the digestive system?

- a. Oxygen transport
- b. Nutrient absorption
- c. Blood filtration
- d. Immune response

Answer: b. Nutrient absorption

2. Where does the majority of nutrient absorption take place in the digestive system?

- a. Stomach
- b. Small intestine
- c. Large intestine
- d. Esophagus

Answer: b. Small intestine

3. Which digestive organ produces bile to aid in the digestion of fats?

- a. Stomach
- b. Liver
- c. Pancreas
- d. Gallbladder

Answer: b. Liver

4. What is the primary function of the kidneys in the excretory system?

- a. Digesting nutrients
- b. Filtration of blood
- c. Absorption of water
- d. Production of urine

Answer: b. Filtration of blood

5. Which part of the digestive system is responsible for the mechanical breakdown of food through chewing?

- a. Stomach
- b. Small intestine
- c. Mouth
- d. Esophagus

Answer: c. Mouth

6. Where is the primary site of water reabsorption in the excretory system?

- a. Bladder
- b. Ureter
- c. Kidneys

d. Urethra

Answer: c. Kidneys

7. Which enzyme, produced in the salivary glands, begins the digestion of carbohydrates in the mouth?

a. Amylase

b. Lipase

c. Protease

d. Peptidase

Answer: a. Amylase

8. What is the function of the pancreas in the digestive system?

a. Producing bile

b. Storing nutrients

c. Regulating blood sugar

d. Absorbing water

Answer: c. Regulating blood sugar

9. What is the function of the enzyme amylase in digestion?

a. Breaks down proteins

b. Breaks down fats

c. Breaks down carbohydrates

d. Breaks down nucleic acids

Answer: c. Breaks down carbohydrates

10. Which of the following is a part of the alimentary canal or gastrointestinal tract?

- a. Liver
- b. Gallbladder
- c. Pancreas
- d. Stomach

Answer: d. Stomach

11. Which pair of organs is primarily responsible for filtering and removing waste from the blood?

- a. Liver and kidneys
- b. Lungs and skin
- c. Kidneys and bladder
- d. Stomach and intestines

Answer: c. Kidneys and bladder

12. What is the functional unit of the kidney responsible for filtration?

- a. Nephron

- b. Glomerulus
- c. Ureter
- d. Renal artery

Answer: a. Nephron

13. Which waste product is primarily excreted through urine?

- a. Carbon dioxide
- b. Urea
- c. Bilirubin
- d. Lactic acid

Answer: b. Urea

14. What is the primary function of the spinal cord in the nervous system?

- a. Processing visual information
- b. Controlling voluntary movements
- c. Regulating body temperature
- d. Transmitting signals between the brain and the rest of the body

Answer: d. Transmitting signals between the brain and the rest of the body

15. How many regions are typically identified in the human spinal cord based on the vertebrae it is associated with?

- a. 3
- b. 5
- c. 7
- d. 12

Answer: b. 5

16. What is the primary function of the kidneys in the human body?

- a. Digestion
- b. Blood circulation
- c. Filtration and excretion of waste products
- d. Oxygen transport

Answer: c. Filtration and excretion of waste products

17. Which layer surrounds and protects each kidney?

- a. Peritoneum
- b. Mesentery
- c. Epithelium
- d. Endothelium

Answer: a. Peritoneum

18. The renal artery carries blood _____ the kidney, while the renal vein carries blood _____ the kidney.

- a. Into, out of
- b. Out of, into
- c. Around, through
- d. Through, around

Answer: a. Into, out of

19. Where does urine collect before moving into the ureters?

- a. Renal pelvis
- b. Renal cortex
- c. Medulla
- d. Nephron

Answer: a. Renal pelvis

20. Which part of the kidney is responsible for the reabsorption of water and electrolytes from the urine?

- a. Renal corpuscle
- b. Renal tubule

- c. Loop of Henle
- d. Glomerulus

Answer: b. Renal tubule

21. What is the role of the renal pelvis in the kidney?

- a. Filtration of blood
- b. Reabsorption of water
- c. Storage of urine
- d. Transport of urine to the bladder

Answer: d. Transport of urine to the bladder

22. In which part of the nephron does filtration of blood occur?

- a. Renal corpuscle
- b. Renal tubule
- c. Loop of Henle
- d. Collecting duct

Answer: a. Renal corpuscle

23. What is the tiny network of capillaries within the renal corpuscle called?

- a. Renal tubule

- b. Peritubular capillaries
- c. Glomerulus
- d. Vasa recta

Answer: c. Glomerulus

24. The Bowman's capsule is part of which region of the nephron?
- a. Proximal convoluted tubule
 - b. Loop of Henle
 - c. Distal convoluted tubule
 - d. Renal corpuscle

Answer: d. Renal corpuscle

25. Where does most of the water reabsorption take place in the nephron?
- a. Proximal convoluted tubule
 - b. Loop of Henle
 - c. Distal convoluted tubule
 - d. Collecting duct

Answer: a. Proximal convoluted tubule

26. What is the function of the loop of Henle in the nephron?
- a. Filtration of blood

- b. Reabsorption of water and electrolytes
- c. Secretion of waste products
- d. Storage of urine

Answer: b. Reabsorption of water and electrolytes

27. Which part of the nephron is responsible for the secretion of hydrogen ions and certain drugs into the filtrate?

- a. Proximal convoluted tubule
- b. Loop of Henle
- c. Distal convoluted tubule
- d. Collecting duct

Answer: c. Distal convoluted tubule

28. What is the final part of the nephron where urine concentration occurs before it leaves the nephron?

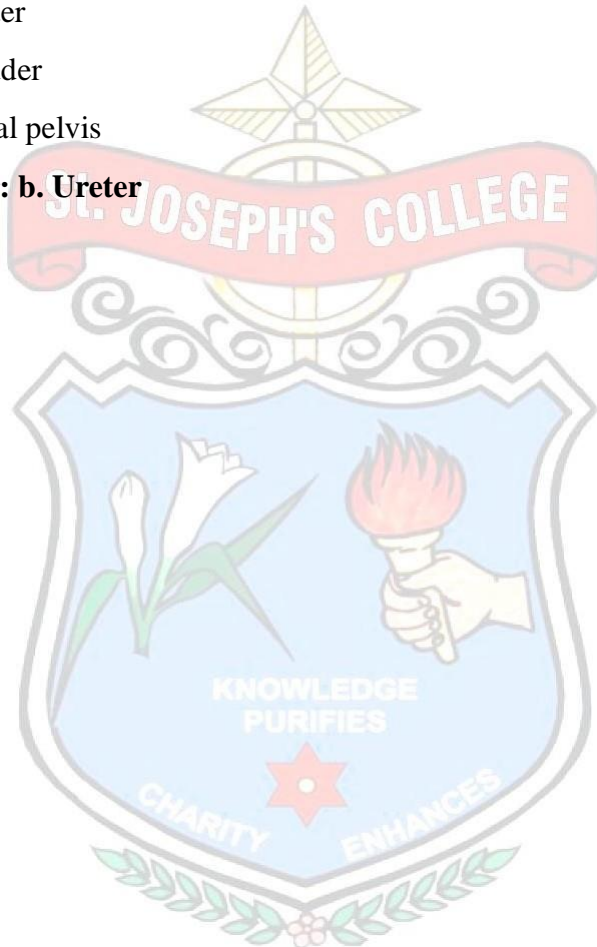
- a. Proximal convoluted tubule
- b. Loop of Henle
- c. Distal convoluted tubule
- d. Collecting duct

Answer: d. Collecting duct

29. Where does the urine go after leaving the collecting duct?

- a. Urethra
- b. Ureter
- c. Bladder
- d. Renal pelvis

Answer: b. Ureter



UNIT-5

1. What is the primary function of the endocrine system?

- a. Digestion
- b. Coordination of body functions using hormones
- c. Nutrient absorption
- d. Blood filtration

Answer: b. Coordination of body functions using hormones

2. Which gland is often referred to as the "master gland" and controls other endocrine glands in the body?

- a. Thyroid gland
- b. Pancreas
- c. Pituitary gland
- d. Adrenal gland

Answer: c. Pituitary gland

3. What hormone is primarily responsible for regulating blood sugar levels in the body?

- a. Insulin
- b. Thyroxine
- c. Cortisol

d. Estrogen

Answer: a. Insulin

4. In males, where is sperm production primarily taking place?

- a. Epididymis
- b. Testis
- c. Prostate gland
- d. Vas deferens

Answer: b. Testis

5. What is the primary function of the ovaries in the female reproductive system?

- a. Sperm production
- b. Egg production
- c. Hormone regulation
- d. Urine production

Answer: b. Egg production

6. Which hormone is responsible for the development of secondary sexual characteristics in males, such as facial hair?

- a. Estrogen

- b. Progesterone
- c. Testosterone
- d. Prolactin

Answer: c. Testosterone

7. What is the role of the thyroid gland in the endocrine system?

- a. Regulation of metabolism
- b. Blood clotting
- c. Production of insulin
- d. Regulation of body temperature

Answer: a. Regulation of metabolism

8. Where does fertilization typically occur in the female reproductive system?

- a. Uterus
- b. Fallopian tube
- c. Ovary
- d. Cervix

Answer: b. Fallopian tube

9. Where is the thyroid gland located in the human body?

- a. Neck
- b. Chest
- c. Abdomen
- d. Brain

Answer: a. Neck

10. Which hormone is produced by the adrenal glands and is associated with the "fight or flight" response?

- a. Insulin
- b. Adrenaline
- c. Testosterone
- d. Estrogen

Answer: b. Adrenaline

11. In females, which organ produces eggs and hormones such as estrogen and progesterone?

- a. Ovary
- b. Uterus
- c. Fallopian tube
- d. Vagina

Answer: a. Ovary

12. What is the function of the vas deferens in males?

- a. Produces sperm
- b. Carries sperm from the testes to the urethra
- c. Stores urine
- d. Secretes testosterone

Answer: b. Carries sperm from the testes to the urethra

13. Which hormone is responsible for the development of male secondary sexual characteristics, such as facial hair and deepening voice?

- a. Estrogen
- b. Progesterone
- c. Testosterone
- d. Prolactin

Answer: c. Testosterone

14. Which female reproductive organ is responsible for releasing eggs during ovulation?

- a. Ovary
- b. Uterus
- c. Fallopian tube
- d. Vagina

Answer: a. Ovary

15. What is the function of the epididymis in the male reproductive system?

- a. Sperm production
- b. Sperm storage and maturation
- c. Testosterone production
- d. Urine storage

Answer: b. Sperm storage and maturation

16. Which structure connects the testes to the urethra in the male reproductive system?

- a. Vas deferens
- b. Prostate
- c. Epididymis
- d. Seminal vesicle

Answer: a. Vas deferens

17. What is the purpose of the cervix in the female reproductive system?

- a. Egg production
- b. Hormone secretion

- c. Sperm storage
- d. Connects the uterus to the vagina

Answer: d. Connects the uterus to the vagina

18. Which male accessory gland produces a fluid that nourishes and protects sperm?

- a. Seminal vesicle
- b. Prostate
- c. Cowper's gland
- d. Vas deferens

Answer: a. Seminal vesicle

19. What is the primary function of the scrotum in the male reproductive system?

- a. Sperm production
- b. Hormone secretion
- c. Temperature regulation for sperm
- d. Urine storage

Answer: c. Temperature regulation for sperm

20. What is the name of the external female genitalia that includes the protective folds surrounding the urethral and vaginal openings?

- A. Labia majora
- b. Clitoris
- c. Hymen
- d. Mons pubis

Answer: a. Labia majora

21. Which male reproductive organ secretes a milky fluid that contributes to semen?

- a. Testis
- b. Seminal vesicle
- c. Prostate
- d. Cowper's gland

Answer: c. Prostate

22. What is the primary function of the fallopian tubes in the female reproductive system?

- a. Egg production
- b. Hormone secretion
- c. Fertilization
- d. Menstruation

Answer: c. Fertilization

23. Where does sperm mature and gain motility before being ejaculated?

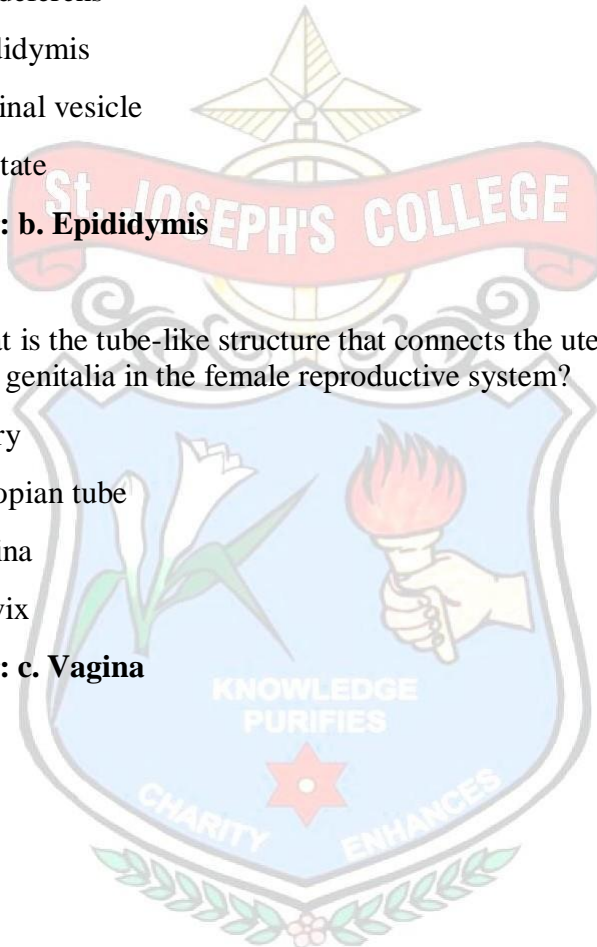
- a. Vas deferens
- b. Epididymis
- c. Seminal vesicle
- d. Prostate

Answer: b. Epididymis

24. What is the tube-like structure that connects the uterus to the external genitalia in the female reproductive system?

- a. Ovary
- b. Fallopian tube
- c. Vagina
- d. Cervix

Answer: c. Vagina



FOOD SCIENCE

UNIT-1

1. What is the primary purpose of blanching in cooking?

- a. Enhancing flavour
- b. Preserving food
- c. Partially cooking and preparing for further steps
- d. Browning the surface

Answer: c. Partially cooking and preparing for further steps

2. Which cooking method involves cooking food by immersing it in simmering liquid?

- a. Grilling
- b. Poaching
- c. Roasting
- d. Sautéing

Answer: b. Poaching

3. What is the Maillard reaction in cooking?

- a. A method of slow cooking
- b. Browning of food due to heat
- c. A technique for marinating meat

- d. Using high pressure to cook food

Answer: b. Browning of food due to heat

4. Which term refers to the process of cutting food into small, uniform pieces for even cooking?

- a. Sautéing
- b. Dicing
- c. Blanching
- d. Braising

Answer: b. Dicing

5. What is the purpose of marinating food before cooking?

- a. Adding heat
- b. Tenderizing and flavouring
- c. Boiling
- d. Grilling

Answer: b. Tenderizing and flavouring

6. In baking, what does leavening refer to?

- a. Mixing ingredients
- b. Adding sugar

- c. Allowing dough to rise
- d. Cooking at high temperatures

Answer: c. Allowing dough to rise

7. Which cooking method involves cooking food with a small amount of fat over high heat?

- a. Steaming
- b. Braising
- c. Frying
- d. Boiling

Answer: c. Frying

8. What is the primary purpose of marinating food before cooking?

- a. Adding sweetness
- b. Enhancing flavour and tenderness
- c. Reducing cooking time
- d. Increasing temperature

Answer: b. Enhancing flavour and tenderness

9. Which cooking method involves cooking food in a closed pot with a small amount of liquid over low heat for an extended period?

- a. Grilling
- b. Roasting
- c. Steaming
- d. Braising

Answer: d. Braising

10. What does the term "sauté" mean in cooking?

- a. Boiling quickly
- b. Slow cooking
- c. Cooking in an oven
- d. Cooking quickly in a small amount of fat

Answer: d. Cooking quickly in a small amount of fat

11. In baking, what is the leavening agent that helps the dough or batter rise?

- a. Baking soda
- b. Yeast
- c. Baking powder
- d. Vinegar

Answer: c. Baking powder

12. Which of the following is a dry heat cooking method that

involves cooking food directly over an open flame or heat source?

- a. Boiling
- b. Grilling
- c. Poaching
- d. Simmering

Answer: b. Grilling

13. What is the purpose of blanching in cooking?

- a. Adding colour to vegetables
- b. Softening meat
- c. Pre-cooking and preserving colour in vegetables
- d. Enhancing flavour in sauces

Answer: c. Pre-cooking and preserving colour in vegetables

14. What cooking method involves cooking food by immersing it in a liquid that is at or just below the boiling point?

- a. Frying
- b. Boiling
- c. Sautéing
- d. Roasting

Answer: b. Boiling

UNIT-2

1. Which of the following is a type of cereal commonly used to make bread?

- a. Quinoa
- b. Oats
- c. Wheat
- d. Lentils

Answer: Wheat

2. Millets are grains known for their resilience in diverse environmental conditions. Which one is a popular millet?

- a. Barley
- b. Sorghum
- c. Rye
- d. Buckwheat

Answer: b. Sorghum

3. What is the primary characteristic of pulses in terms of nutrition?

- a. High protein content
- b. Rich in vitamins A and C
- c. Source of healthy fats

d. High sugar content

Answer: a. High protein content

4. Chickpeas belong to which category of food?

- a. Cereal
- b. Nut
- c. Legume
- d. Millet

Answer: c. Legume

5. Which nut is commonly used in making almond butter?

- a. Walnut
- b. Cashew
- c. Almond
- d. Pecan

Answer: c. Almond

6. Lentils are a type of:

- a. Nut
- b. Legume
- c. Cereal

d. Millet

Answer: b. Legume

7. Which cereal grain is a staple food in many Asian countries and is a primary ingredient in sushi?

- a. Rice
- b. Quinoa
- c. Barley
- d. Bulgur

Answer: a. Rice

8. Which macronutrient is the primary component of rice?

- a. Protein
- b. Carbohydrate
- c. Fat
- d. Fiber

Answer: b. Carbohydrate

9. What is the predominant type of carbohydrate in rice?

- a. Glucose
- b. Fructose

- c. Starch
- d. Sucrose

Answer: c. Starch

10. What type of rice is the least processed and retains the outer bran layer?

- a. Brown rice
- b. White rice
- c. Basmati rice
- d. Jasmine rice

Answer: a. Brown rice

11. Which part of the rice grain is removed during the milling process to produce white rice?

- a. Bran
- b. Germ
- c. Endosperm
- d. Husk

Answer: a. Bran

12. What is the purpose of the germ in the rice grain?

- a. Energy storage
- b. Reproduction
- c. Nutrient storage
- d. Protection

Answer: c. Nutrient storage

13. Which essential mineral is present in significant amounts in rice?

- a. Iron
- b. Calcium
- c. Zinc
- d. Magnesium

Answer: a. Iron

14. What contributes to the distinctive aroma of certain varieties of rice, such as Basmati and Jasmine?

- a. High protein content
- b. Essential oils
- c. Fiber content
- d. Vitamin C

Answer: b. Essential oils

15. What is the average water content in rice?

- a.10%
- b.20%
- c.30%
- d.40%

Answer: a. 10%

16. Which B-vitamin is found in rice and is important for energy metabolism?

- a. Vitamin A
- b. Vitamin B12
- c. Thiamine (B1)
- d. Vitamin K

Answer: c. Thiamine (B1)

17. Which of the following is a common variety of aromatic rice known for its long grains and fragrant aroma?

- a. Arborio
- b. Basmati
- c. Jasmine
- d. Wild rice

Answer: b. Basmati

18. What is the primary source of protein in rice?

- a. Gluten
- b. Casein
- c. Albumin
- d. Globulin

Answer: d. Globulin

19. Which part of the rice kernel is rich in vitamins and minerals?

- a. Bran
- b. Germ
- c. Endosperm
- d. Husk

Answer: b. Germ

20. What is the term for rice that has been parboiled and then milled?

- a. Instant rice
- b. Quick-cooking rice
- c. Precooked rice

d. Converted rice

Answer: d. Converted rice

21. Which type of rice has a lower glycaemic index, making it a better choice for managing blood sugar levels?

- a. White rice
- b. Brown rice
- c. Basmati rice
- d. Arborio rice

Answer: b. Brown rice

22. Which essential amino acid is relatively low in rice compared to other protein sources?

- a. Methionine
- b. Lysine
- c. Leucine
- d. Valine

Answer: a. Methionine

23. Which type of rice is commonly used in Italian dishes like risotto?

- a. Basmati rice

- b. Jasmine rice
- c. Arborio rice
- d. Wild rice

Answer: c. Arborio rice

24. What is the purpose of the husk in the rice grain?

- a. Nutrient storage
- b. Protection
- c. Energy storage
- d. Reproduction

Answer: b. Protection

25. Which type of rice is often used in sushi dishes due to its sticky texture?

- a. Basmati rice
- b. Brown rice
- c. Arborio rice
- d. Short-grain rice

Answer: d. Short-grain rice

UNIT-3

1. Which of the following vegetables is a rich source of vitamin A?

- a. Broccoli
- b. Carrot
- c. Spinach
- d. Cauliflower

Answer: b. Carrot

2. What is the primary function of vitamin C found in many fruits?

- a. Bone health
- b. Wound healing
- c. Blood clotting
- d. Red blood cell production

Answer: b. Wound healing

3. Which fruit is known for its potassium content, which is essential for heart health?

- a. Banana
- b. Apple
- c. Orange
- d. Grapes

Answer: a. Banana

4. What is the primary nutrient found in milk that is important for bone health?

- a. Vitamin C
- b. Calcium
- c. Iron
- d. Vitamin D

Answer: b. Calcium

5. Spinach and kale belong to which category of food?

- a. Fruits
- b. Vegetables
- c. Legumes
- d. Nuts

Answer: b. Vegetables

6. Which fruit is a good source of dietary fiber and is often recommended for digestion?

- a. Watermelon
- b. Pineapple

c. Mango

d. Kiwi

Answer: d. Kiwi

7. What is the primary benefit of consuming low-fat or skim milk?

a. Weight gain

b. Bone health

c. Cardiovascular health

d. Improved digestion

Answer: c. Cardiovascular health

8. Which of the following is a cereal grain commonly used for making bread?

a. Quinoa

b. Barley

c. Wheat

d. Lentils

Answer: c. Wheat

9. Which millet is often referred to as the "pearl millet" and is a staple in certain regions of Africa and India?

- a. Sorghum
- b. Foxtail millet
- c. Finger millet
- d. Pearl millet

Answer: d. Pearl millet

10. What category do chickpeas, lentils, and peas fall into?

- a. Cereals
- b. Legumes
- c. Nuts
- d. Millets

Answer: b. Legumes

11. Which of the following is a pulse that is commonly used in Indian cuisine and is a good source of protein?

- a. Quinoa
- b. Lentils
- c. Millet
- d. Buckwheat

Answer: b. Lentils

12. Which legume is often used to make dal in Indian cuisine?

- a. Chickpeas
- b. Black-eyed peas
- c. Pigeon peas
- d. Kidney beans

Answer: c. Pigeon peas

13. Which cereal grain is a gluten-free alternative and is often used in gluten-free baking?

- a. Barley
- b. Rye
- c. Quinoa
- d. Oats

Answer: c. Quinoa

14. Which pigment is responsible for the green colour in plants?

- a. Melanin
- b. Haemoglobin
- c. Chlorophyll
- d. Carotenoid

Answer: c. Chlorophyll

15. What pigment is responsible for the red colour in tomatoes and watermelons?

- a. Chlorophyll
- b. Anthocyanin
- c. Xanthophyll
- d. Phycocyanin

Answer: b. Anthocyanin

16. Which pigment is responsible for the orange colour in carrots and pumpkins?

- a. Chlorophyll
- b. Anthocyanin
- c. Xanthophyll
- d. Carotenoid

Answer: d. Carotenoid

17. What pigment gives beets their characteristic deep red colour?

- a. Chlorophyll
- b. Anthocyanin
- c. Xanthophyll
- d. Betalain

Answer: d. Betalain

18. Which pigment is responsible for the yellow color in corn and egg yolks?

- a. Chlorophyll
- b. Anthocyanin
- c. Xanthophyll
- d. Carotenoid

Answer: c. Xanthophyll

19. What pigment is responsible for the blue colour in blueberries?

- a. Chlorophyll
- b. Anthocyanin
- c. Xanthophyll
- d. Phycocyanin

Answer: b. Anthocyanin

20. Which pigment is responsible for the brown colour in many organisms, including human skin?

- a. Melanin
- b. Haemoglobin

- c. Chlorophyll
- d. Carotenoid

Answer: a. Melanin

21. What pigment is found in the red algae and is used in the food industry as a natural colorant?

- a. Chlorophyll
- b. Anthocyanin
- c. Xanthophyll
- d. Phycocyanin

Answer: d. Phycocyanin

22. Which pigment is responsible for the purple color in grapes and aubergines (egg plants)?

- a. Chlorophyll
- b. Anthocyanin
- c. Xanthophyll
- d. Carotenoid

Answer: b. Anthocyanin

23. What pigment is responsible for the brown colour in leaves during the fall season?

- a. Chlorophyll
- b. Anthocyanin
- c. Xanthophyll
- d. Tannin

Answer: a. Chlorophyll

24. Which pigment is responsible for the pink colour in flamingos and shrimp?

- a. Chlorophyll
- b. Anthocyanin
- c. Xanthophyll
- d. Astaxanthin

Answer: d. Astaxanthin

25. What pigment is found in the yellow and orange scales of butterfly wings?

- a. Chlorophyll
- b. Anthocyanin
- c. Xanthophyll
- d. Lutein

Answer: c. Xanthophyll

26. Which pigment is responsible for the red colour in bell peppers?

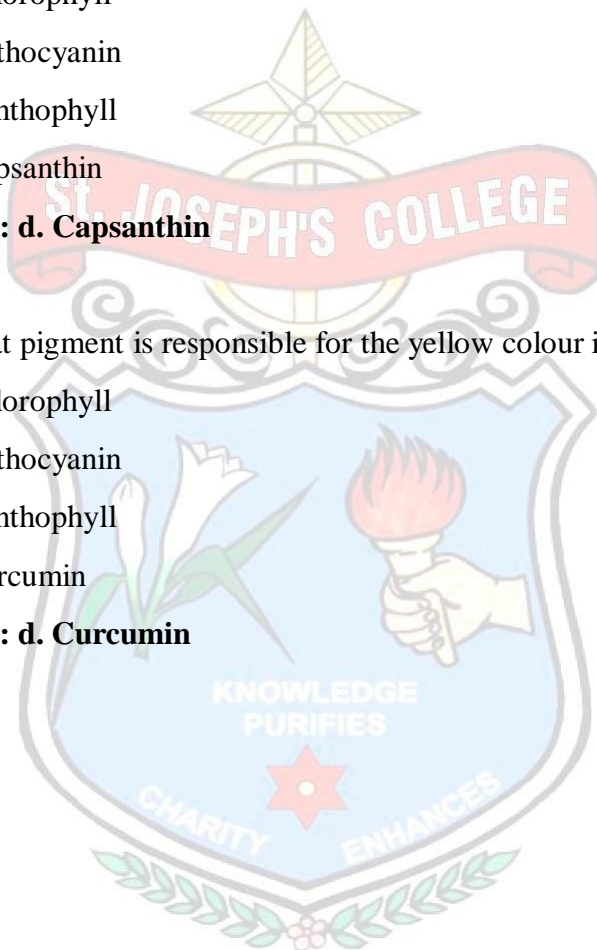
- a. Chlorophyll
- b. Anthocyanin
- c. Xanthophyll
- d. Capsanthin

Answer: d. Capsanthin

27. What pigment is responsible for the yellow colour in turmeric?

- a. Chlorophyll
- b. Anthocyanin
- c. Xanthophyll
- d. Curcumin

Answer: d. Curcumin



UNIT-4

1. Which type of meat is derived from a pig?

- a. Beef
- b. Lamb
- c. Pork
- d. Chicken

Answer: c. Pork

2. Which part of the chicken is commonly referred to as the "white meat"?

- a. Thigh
- b. Drumstick
- c. Breast
- d. Wing

Answer: c. Breast

3. What nutrient is highly abundant in eggs and is essential for muscle development and repair?

- a. Fiber
- b. Protein
- c. Vitamin C

d. Iron

Answer: b. Protein

4. Which type of fish is known for its high omega-3 fatty acid content?

a. Salmon

b. Tuna

c. Cod

d. Catfish

Answer: a. Salmon

5. What is the primary cooking method for preparing a poached egg?

a. Grilling

b. Boiling

c. Frying

d. Roasting

Answer: b. Boiling

6. Which red meat is commonly associated with being a good source of iron?

a. Pork

- b. Lamb
- c. Beef
- d. Venison

Answer: c. Beef

7. In terms of nutritional content, which part of an egg contains most of the egg's fat?

- a. Egg white
- b. Egg yolk
- c. Shell
- d. Chalaza

Answer: b. Egg yolk

8. Which of the following is a type of white fish often used in cooking?

- a. Salmon
- b. Tuna
- c. Cod
- d. Catfish

Answer: c. Cod

9. What is the primary protein found in chicken and turkey?

- a. Myoglobin
- b. Haemoglobin
- c. Collagen
- d. Albumin

Answer: d. Albumin

10. Which part of the egg contains most of the egg's fat and cholesterol?

- a. Yolk
- b. Albumen
- c. Shell
- d. Chalaza

Answer: a. Yolk

11. Which seafood is often used in sushi and sashimi dishes?

- a. Shrimp
- b. Squid
- c. Salmon
- d. Tuna

Answer: c. Salmon

12. What is the term for the process of preserving meat by salting, drying, or smoking?

- a. Curing
- b. Marinating
- c. Roasting
- d. Braising

Answer: a. Curing

13. Which type of egg is produced without the use of antibiotics or hormones?

- a. Cage-free egg
- b. Organic egg
- c. Free-range egg
- d. Conventional egg

Answer: b. Organic egg

14. What is the primary component of egg whites responsible for their ability to foam and stiffen when beaten?

- a. Cholesterol
- b. Protein
- c. Lecithin
- d. Calcium

Answer: b. Protein

15. Which breed of chicken is known for its white plumage and is commonly raised for meat production?

- a. Rhode Island Red
- b. Leghorn
- c. Cornish
- d. Plymouth Rock

Answer: c. Cornish

16. What type of poultry is specifically raised for the production of eggs?

- a. Broilers
- b. Layers
- c. Fryers
- d. Roasters

Answer: b. Layers

17. Which of the following is a breed of turkey known for its white plumage and is commonly raised for meat production?

- a. Bourbon Red
- b. Narragansett

- c. Broad Breasted White
- d. Heritage Bronze

Answer: c. Broad Breasted White

18. What is the primary purpose of dual-purpose chicken breeds?
- a. Meat production
 - b. Egg production
 - c. Exhibition/shows
 - d. Both meat and egg production

Answer: d. Both meat and egg production

19. Which type of poultry is specifically bred for its tender and flavourful meat?
- a. Broilers
 - b. Layers
 - c. Game birds
 - d. Bantams

Answer: a. Broilers

20. What is the purpose of the "brooding" phase in poultry farming?

- a. Egg production
- b. Meat production
- c. Raising chicks
- d. Exhibition/shows

Answer: c. Raising chicks

21. Which type of poultry is smaller in size and often kept for ornamental purposes or as pets?

- a. Broilers
- b. Layers
- c. Game birds
- d. Bantams

Answer: d. Bantams

22. What is the purpose of selecting specific breeds for free-range poultry farming?

- a. Intensive egg production
- b. Ornamental purposes
- c. Outdoor foraging and natural behaviours
- d. High meat yield

Answer: c. Outdoor foraging and natural behaviours

23. Which breed of chicken is known for its ability to lay a large number of brown eggs?

- a. Leghorn
- b. Rhode Island Red
- c. Sussex
- d. Orpington

Answer: b. Rhode Island Red

24. What is the primary purpose of selecting specific breeds for exhibition/shows?

- a. Egg production
- b. Meat production
- c. Aesthetics and breed standards
- d. Disease resistance

Answer: c. Aesthetics and breed standards

25. Which poultry breed is often raised for its exquisite plumage and is commonly seen in exhibitions?

- a. Plymouth Rock
- b. Silkie
- c. Cornish
- d. Sussex

Answer: b. Silkie

26. What is the primary purpose of game bird breeds in poultry farming?

- a. Meat production
- b. Egg production
- c. Hunting and sport
- d. Exhibition/shows

Answer: c. Hunting and sport

27. Which breed of chicken is known for its black and white striped plumage and is often raised for its unique appearance?

- a. Plymouth Rock
- b. Orpington
- c. Wyandotte
- d. Barred Rock

Answer: a. Plymouth Rock

28. What is the term for the process of selecting specific traits in poultry breeding to enhance desirable characteristics?

- a. Culling
- b. Brooding

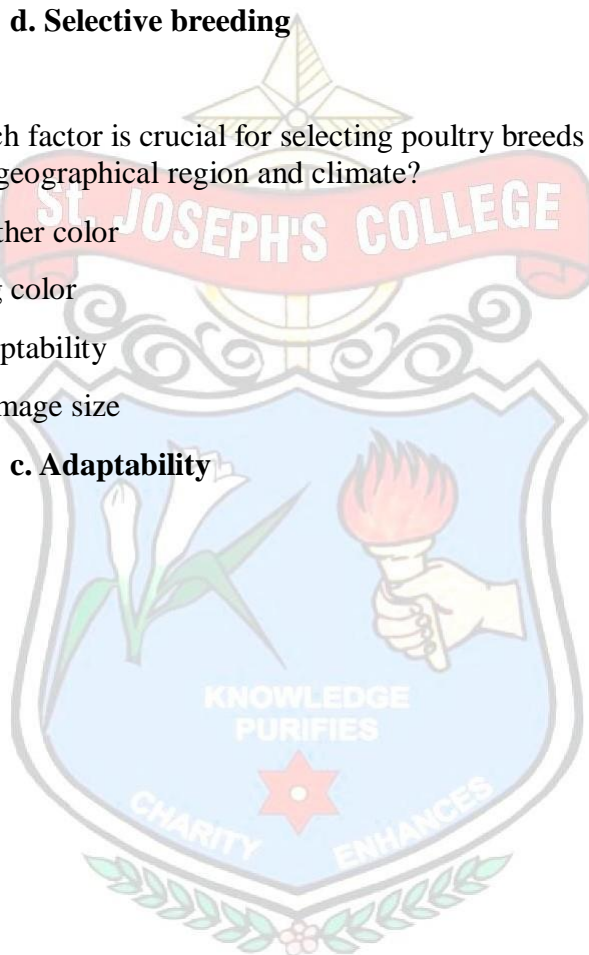
- c. Incubation
- d. Selective breeding

Answer: d. Selective breeding

29. Which factor is crucial for selecting poultry breeds for a specific geographical region and climate?

- a. Feather color
- b. Egg color
- c. Adaptability
- d. Plumage size

Answer: c. Adaptability



UNIT-5

1. Which type of fat is generally considered healthier and is found in olive oil and avocados?

- a. Saturated fat
- b. Trans fat
- c. Monounsaturated fat
- d. Polyunsaturated fat

Answer: c. Monounsaturated fat

2. What is the primary function of sugars in the body?

- a. Energy storage
- b. Structural support
- c. Blood clotting
- d. Immune system activation

Answer: a. Energy storage

3. Which spice is known for its anti-inflammatory properties and warm flavour?

- a. Cumin
- b. Paprika
- c. Turmeric

d. Oregano

Answer: c. Turmeric

4. Sucrose is a common type of sugar. What are its two components?

- a. Glucose and fructose
- b. Glucose and lactose
- c. Maltose and galactose
- d. Fructose and lactose

Answer: a. Glucose and fructose

5. Which beverage is known for its high caffeine content and is often associated with morning wakefulness?

- a. Green tea
- b. Orange juice
- c. Coffee
- d. Cola

Answer: Answer:

c. Coffee

6. What is the primary role of spices in cooking?

- a. Adding sweetness

- b. Enhancing flavour
- c. Providing texture
- d. Acting as a preservative

Answer: b. Enhancing flavour

7. Which type of fat is commonly found in fried and processed foods and is associated with health risks?

- a. Monounsaturated fat
- b. Saturated fat
- c. Trans fat
- d. Polyunsaturated fat

Answer: c. Trans fat

8. Which type of fat is considered healthier and is found in olive oil and avocados?

- a. Saturated fat
- b. Trans fat
- c. Monounsaturated fat
- d. Polyunsaturated fat

Answer: c. Monounsaturated fat

9. What is the primary purpose of leavening agents in baking, such as baking soda or baking powder?

- a. Adding sweetness
- b. Enhancing flavour
- c. Providing texture
- d. Leavening or rising the dough

Answer: d. Leavening or rising the dough

10. Which spice is commonly used in both sweet and savoury dishes and comes from the bark of a tree?

- a. Cumin
- b. Cinnamon
- c. Paprika
- d. Turmeric

Answer: b. Cinnamon

11. What is the natural sweetener found in fruits and honey?

- a. Fructose
- b. Glucose
- c. Lactose
- d. Sucrose

Answer: a. Fructose

12. Which beverage is produced through the fermentation of tea leaves and sugar, often carbonated and flavoured?

- a. Coffee
- b. Green tea
- c. Kombucha
- d. Lemonade

Answer: c. Kombucha

13. What is the primary spice in curry powder and is known for its vibrant yellow colour?

- a. Paprika
- b. Turmeric
- c. Cumin
- d. Coriander

Answer: b. Turmeric

14. What is the primary function of the pituitary gland?

- a. Regulation of metabolism
- b. Production of insulin

- c. Control of growth and development
- d. Immune system modulation

Answer: c. Control of growth and development

15. Which hormone, produced by the pituitary gland, stimulates the production of milk in mammary glands?

- a. Prolactin
- b. Growth hormone
- c. Thyroid-stimulating hormone
- d. Adrenocorticotrophic hormone

Answer: a. Prolactin

16. What is the connection between the hypothalamus and the pituitary gland known as?

- a. Thyroid gland
- b. Adrenal gland
- c. Pineal gland
- d. Hypothalamic-pituitary axis

Answer: d. Hypothalamic-pituitary axis

17. Which lobe of the pituitary gland is often referred to as the "master gland" due to its role in regulating other endocrine glands?

- a. Anterior lobe
- b. Posterior lobe
- c. Medial lobe
- d. Intermediate lobe

Answer: a. Anterior lobe

18. Which hormone is responsible for stimulating the adrenal glands to release cortisol?

- a. Growth hormone
- b. Adrenocorticotrophic hormone (ACTH)
- c. Thyroid-stimulating hormone (TSH)
- d. Prolactin

Answer: b. Adrenocorticotrophic hormone (ACTH)

19. What is the primary function of the thyroid gland?

- a. Regulation of blood sugar levels
- b. Control of calcium homeostasis
- c. Regulation of metabolism through the production of thyroid hormones
- d. Immune system modulation

Answer: c. Regulation of metabolism through the production of thyroid hormones

20. Which mineral is essential for the synthesis of thyroid hormones?

- a. Iron
- b. Calcium
- c. Iodine
- d. Sodium

Answer: c. Iodine

21. What is the name of the hormone produced by the thyroid gland that regulates calcium levels in the blood?

- a. Thyroxine (T4)
- b. Triiodothyronine (T3)
- c. Calcitonin
- d. Parathyroid hormone

Answer: c. Calcitonin

22. Which condition is characterized by an underactive thyroid gland and may result in fatigue, weight gain, and cold sensitivity?

- a. Hyperthyroidism
- b. Hypothyroidism
- c. Cushing's syndrome
- d. Addison's disease

Answer: Hypothyroidism

23. What is the term for an enlarged thyroid gland often associated with iodine deficiency?

- a. Goiter
- b. Nodule
- c. Adenoma
- d. Thyroiditis

Answer: a. Goiter

24. What is the primary function of the adrenal glands?

- a. Regulation of metabolism
- b. Fight-or-flight response and stress management
- c. Control of blood calcium levels
- d. Immune system modulation

Answer: b. Fight-or-flight response and stress management

25. Which hormones are released by the adrenal medulla during the stress response?

- a. Cortisol and aldosterone
- b. Epinephrine and norepinephrine

- c. Thyroxine and triiodothyronine
- d. Insulin and glucagon

Answer: b. Epinephrine and norepinephrine

26. What is the main glucocorticoid hormone produced by the adrenal cortex?

- a. Aldosterone
- b. Cortisol
- c. Epinephrine
- d. Norepinephrine

Answer: b. Cortisol

27. Which condition is associated with an overactive adrenal cortex, leading to symptoms such as weight gain, high blood pressure, and muscle weakness?

- a. Addison's disease
- b. Cushing's syndrome
- c. Graves' disease
- d. Hypoparathyroidism

Answer: b. Cushing's syndrome

28. What is the name of the outer layer of the adrenal glands that produces mineralocorticoid hormones like aldosterone?

- a. Adrenal medulla
- b. Adrenal cortex
- c. Adrenal papilla
- d. Adrenal nephron

Answer: b. Adrenal cortex

29. Which breed of chicken is known for its white plumage and is commonly raised for meat production?

- a. Rhode Island Red
- b. Leghorn
- c. Cornish
- d. Plymouth Rock

Answer: c. Cornish

30. Which of the following is a breed of turkey known for its white plumage and is commonly raised for meat production?

- a. Bourbon Red
- b. Narragansett
- c. Broad Breasted White
- d. Heritage Bronze

Answer: c. Broad Breasted White

31. What is the purpose of selecting specific breeds for free-range poultry farming?

- a. Intensive egg production
- b. Ornamental purposes
- c. Outdoor foraging and natural behaviours
- d. High meat yield

Answer: c. Outdoor foraging and natural behaviours

32. Which breed of chicken is known for its ability to lay a large number of brown eggs?

- a. Leghorn
- b. Rhode Island Red
- c. Sussex
- d. Orpington

Answer: b. Rhode Island Red

33. What is the primary purpose of selecting specific breeds for exhibition/shows?

- a. Egg production
- b. Meat production

- c. Aesthetics and breed standards
- d. Disease resistance

Answer: c. Aesthetics and breed standards

34. Which factor is crucial for selecting poultry breeds for a specific geographical region and climate?

- a. Feather colour
- b. Egg colour
- c. Adaptability
- d. Plumage size

Answer: c. Adaptability



AUTHOR PROFILE

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