

**Food & Nutrition**  
**Internal/CIA-2026**  
**2<sup>nd</sup> Sem, FNTDSC 201: FUNDAMENTALS**  
**OF HUMAN NUTRITION**  
**FM-10**

**Answer the following (any 10)**

1. Which of the following is a macronutrient?  
a) Vit C b) Iron c) Protein d) Iodine
2. Which vitamin helps in the absorption of iron?  
a) Vit A b) Vit D c) Vit E d) Vit C
3. Malnutrition refers to:  
a) Only undernutrition b) Only overnutrition  
c) Both undernutrition and overnutrition d) Food poisoning
4. Define Nutrition.
5. What is Nutritional Status?
6. Define Malnutrition.
7. What is Nutritional Genomics?
8. What is meant by utilization of nutrients?
9. HBV stand for.....
10. What is the main function of carbohydrates?
11. State one function of proteins in the body.

**Food & Nutrition**  
**Internal/CIA-2026**  
**2<sup>nd</sup> Sem, FNTDSC 201: FUNDAMENTALS**  
**OF HUMAN NUTRITION**  
**FM-10**

**Answer the following (any 10)**

1. Which of the following is a macronutrient?  
a) Vit C b) Iron c) Protein d) Iodine
2. Which vitamin helps in the absorption of iron?  
a) Vit A b) Vit D c) Vit E d) Vit C
3. Malnutrition refers to:  
a) Only undernutrition b) Only overnutrition  
c) Both undernutrition and overnutrition d) Food poisoning
4. Define Nutrition.
5. What is Nutritional Status?
6. Define Malnutrition.
7. What is Nutritional Genomics?
8. What is meant by utilization of nutrients?
9. HBV stand for.....
10. What is the main function of carbohydrates?
11. State one function of proteins in the body.

**Food & Nutrition**  
**Internal/CIA-2026**  
**2<sup>nd</sup> Sem, FNTDSC 201: FUNDAMENTALS**  
**OF HUMAN NUTRITION**  
**FM-10**

**Answer the following (any 10)**

1. Which of the following is a macronutrient?  
a) Vit C b) Iron c) Protein d) Iodine
2. Which vitamin helps in the absorption of iron?  
a) Vit A b) Vit D c) Vit E d) Vit C
3. Malnutrition refers to:  
a) Only undernutrition b) Only overnutrition  
c) Both undernutrition and overnutrition d) Food poisoning
4. Define Nutrition.
5. What is Nutritional Status?
6. Define Malnutrition.
7. What is Nutritional Genomics?
8. What is meant by utilization of nutrients?
9. HBV stand for.....
10. What is the main function of carbohydrates?
11. State one function of proteins in the body.

**Food & Nutrition**  
**Internal/CIA-2026**  
**2<sup>nd</sup> Sem, FNTDSC 201: FUNDAMENTALS**  
**OF HUMAN NUTRITION**  
**FM-10**

**Answer the following (any 10)**

1. Which of the following is a macronutrient?  
a) Vit C b) Iron c) Protein d) Iodine
2. Which vitamin helps in the absorption of iron?  
a) Vit A b) Vit D c) Vit E d) Vit C
3. Malnutrition refers to:  
a) Only undernutrition b) Only overnutrition  
c) Both undernutrition and overnutrition d) Food poisoning
4. Define Nutrition.
5. What is Nutritional Status?
6. Define Malnutrition.
7. What is Nutritional Genomics?
8. What is meant by utilization of nutrients?
9. HBV stand for.....
10. What is the main function of carbohydrates?
11. State one function of proteins in the body.