

**Food & Nutrition
Internal/CIA-2026
MC-12, FM-10**

Answer the following (any 10)

1. Which lipoprotein is commonly known as "good cholesterol"?
a) LDL b) VLDL c) HDL d) TG
2. The normal blood pressure of a healthy adult is:
a) 140/90 mmHg b) 120/80 mmHg
c) 160/100 mmHg d) 100/60 mmHg
3. VLDL primarily transports:
a) Cholesterol b) Vitamins
c) Triglycerides d) Minerals
4. Define lipoprotein.
5. What is Total Cholesterol (TC)?
6. Expand LDL.
7. Why is LDL called bad cholesterol?
8. What is Triglyceride (TG)?
9. Expand HDL.
10. Define hypertension.
11. Mention one complication of hypertension.

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