

## PPSC General Knowledge Topic 13 Food Science

Sr	Questions	Answers Choice
1	During fasting, in what sequence that are the following organic compound used up by the body.	A. First fats, next carbohydrates and lastly proteins B. First carbohydrates,, next proteins and lastly lipids C. First proteins, next lipids and lastly carbohydrates D. First carbohydrates next fats and lastly proteins
2	Smallest carbohydrates are trioses Which of the following is a triose.	A. Glucose B. Ribulose C. Ribose D. Glyceraldehydes
3	Carbohydrates, fats and proteins are essential for.	A. Metabolic processes of an organism B. Providing energy C. Formation of structures D. All of these
4	Nitrogen occur in animals in the form of.	A. Mineral B. Fats C. Proteins D. Carbohydrates
5	Which of the following descending order of items by their fat content.	A. Egg yolk, butter, cheese, cream, milk B. Butter , ghee, cheese, egg yolk, cream C. Cream, Cheese, Condensed, milk, egg, cow milk D. Ghee, Butter , egg yolk, cheese, condensed milk
6	Water helps in the metabolism process in the presence of.	A. Amino acid B. Enzymes C. Proteins D. Ribonucleic acid
7	In the balance dietaries for a day of an adult working man weights of carbohydrate food and total protein food should be in order of.	A. 420 gm and 420 gm respectively B. 420 gm and 600 gm respectively C. 600 gm and 420 gm respectively D. 600 gm and 600 gm respectively
8	Carbohydrates are.	A. Polyhydroxy aldehydes and phenols B. Polyhydroxy aldehydes and Ketones C. Polyhydroxy Ketones and phenols D. Polyhydroxy phenols and Alcohols
9	Which of the following food items is rich in Iron.	A. Rice B. Orange C. Apple D. Pulses
10	A protean restricted diet requires only _____ grams/day	A. 20 - 40 B. 30 - 50 C. 40 - 60 D. 50 - 70
11	Nutritional polysaccharides are.	A. Starch and Glycogen B. Starch and Chitin C. Starch and Cellulose D. Starch and Glucose
12	Among the following which food item contains the maximum quantity of carbohydrates.	A. Apples B. Potato C. Bread D. Cooked rice
13	Which is the essential constituent of diet.	A. Starch B. Glucose C. Amino acid D. Carbohydrate

14	Which one forms the raw material for co enzymes.	A. Carbohydrate B. Metals C. Proteins D. Vitamins
15	Among the following food items, which one has the highest amount of carbohydrates.	A. Apple B. Banana C. Pea D. Cabbage
16	The unit of energy produced by food in the human body is called.	A. DNA B. Watt C. Calorie D. Ampere
17	Pancreatic amylase is also called.	A. secretin B. Gastrin C. Lipase D. Amylopsin
18	Enzymes are composed of hundreds of.	A. Cofactors B. Co enzymes C. Amino acids D. None of these
19	Which of the following does not contain a high concentration of Niacin.	A. Yeast B. Meat C. Liver D. Corn
20	The most abundant bio molecule on the earth.	A. Nucleic acids B. Proteins C. Lipids D. Carbohydrates