**VIPRA ARTS COMMERCE AND PHYSICAL EDUCATION COLLEGE, RAIPUR, C.G.**

**DEPARTMENT OF PHYSICAL EDUCATION**

SESSION-2016-17

Subject- Nutrition and Weight Management Mix. Marks - 20

Students Name-…………… Time – 30 min

**All questions is compulsory (Objective types questions)-**

1. 1gm Carbohydrate to give energy -

a. 9.1 kcal b. 5 kcal

c. 7 kcal d. 6 kcal

2. Vitamin B-1 is called-

a. Riboflavin b. Thiamin

c. Niacin d. Biotin

3. BMI of Overweight category-

a. 20-25 b. 15-19

c. 26-30 d. 31-35

4.Fats is source of-

a. Only energy b. Only fats

c. Energy and fats d. None of these

5.Which Vitamins deficiency causes hair loss?

a. Vitamin-E b. Vitamin-A

c. Vitamin-K d. Vitamin-C

6. What is the main cause of weight gain in modern life?

a. Lack of physical activity b. Life style

c. Diet d. All of there

7. Adult calories are required is:

a. 1500-1800 kcal b. 1800-2000 kcal

c. 2000-2500 kcal d. 3000-4000 kcal

8.Vitamin A Source is

a. Dairy Product b.Oil Product

c. dry fruits d. All of there

9. Vitamin E is called

a. alpha – tocopheral b. beta tocopheral

c. gama – tocopheral d. All of the above

10. Vitamin C is called

a. ascorbic acid b. discorbic acid

c. hydroascorbic acid d. all of there