

Pakistan Nutrition and Dietetic
Society
SAMPLE
REGISTRATION EXAM
PAPER

Write the alphabet that denotes the BEST possible answer in the right hand column

Each question carries 1 mark

Maximum attainable marks: 100

Duration: 100 minutes

S. No.		Answers
NUTRITION SCIENCE		
1.	<p>Soluble fibers help in decreasing the absorption of cholesterol from the gut. Which one of these is a soluble fiber?</p> <p>a) Cellulose b) Hemicellulose c) Pectin d) Collagen</p>	
2.	<p>_____ develops due to low level of ionized calcium in the blood.</p> <p>a) Rickets b) Tetanus c) Tetany d) Osteomalacia</p>	
CLINICAL NUTRITION		
3.	<p>Clinical signs of zinc deficiency include</p> <p>a) Immune deficiency b) Delayed wound healing c) Photophobia d) All of the above</p>	
4.	<p>A child with galactosemia should:</p> <p>a) Avoid all milk and milk products b) Avoid all products containing lactose c) Restrict intake of fruits such as dates and watermelons d) All of the above</p>	
PUBLIC HEALTH		
5.	<p>Weight for Height Z-Score of -2 indicates:</p> <p>a) Wasting b) Severe wasting c) Over weight d) Obesity</p>	

6.	<p>The data that is most useful in evaluating the nutritional status of children is:</p> <p>a) Sex and age b) Iron and vitamin intake c) Energy intake and health history d) Height and weight</p>	
FOOD SCIENCE		
7.	<p>A non-nutritive substance found in vegetables that appears to have a positive effect on health is:</p> <p>a) Polymer b) Phytochemical c) Oxalic acid d) Lignin</p>	
8.	<p>Many vegetables are blanched before freezing in order to:</p> <p>a) Kill all pathogenic mold spores b) Inactivate spores of harmful bacteria c) Destroy all pathogenic microorganisms d) Destroy enzymes involved in discoloration</p>	
FOOD SERVICE		
9.	<p>Food borne diseases occur when people eat food with:</p> <p>a) Live, pathogenic microorganisms b) Strong chemicals c) A pH of 8.5 d) All of the above</p>	
10.	<p>Listeriosis is:</p> <p>a) A virus b) A parasite c) An infection d) An intoxication</p>	