

**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA  
(S-VYASA)**

(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

**FINAL EXAMINATION**

**NTTC T 04 Diet and Nutrition**

**Date : 29-May-2011  
Time : 2Hr**

**Max Marks: 50**

**I. If true tick '√' or tick 'X' if false.**

**10 Marks**

1. Fiber is good for health.
2. We should drink water in between food.
3. Lemon juice is good in gastritis.
4. 1 gm of carbohydrate gives 4 Kcal Energy.
5. Constipation is the root cause of disease.
6. We should cut the vegetables and then wash it.
7. Excessive fats and oils are good for health.
8. Raw diet is better than cooked food.
9. Glucose is one form of carbohydrate.
10. We should do prayer twice a day.

**II. Tick the right answer.**

**10 Marks**

1. Which cause constipation
  - a. Apple
  - b. Orange
  - c. Biscuit
  - d. Carrot
2. Which is good source of protein
  - a. Rice
  - b. Wheat
  - c. Dal
  - d. Maize
3. Carrot juice is good for
  - a. Eye problem
  - b. Skin problem
  - c. Digestive problem
  - d. All the above problem
4. How much water we should drink daily
  - a. 2-3 Liters
  - b. 1-2 Liters
  - c. 3-4 liters
  - d. 4-5 liters
5. When we should have food
  - a. When we are hungry
  - b. Whenever we feel like having
  - c. If mother forced to have.
  - d. Not in all the mentioned condition.