



Eat Right Quiz - Question Bank No. 1

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
1	Full form of ADI is?	Acceptable Daily Intake	Altered Daily Intake	Acceptable Diet Intake	None of these
2	What is the full form of NOEL?	Negative Observable Effect Level	No Observable Effect Level	No Observable Efficiency Level	None of these
3	Term used for addition of nutrients to food that were not originally present ?	Food Enrichment	Food Fortification	Food Diversifiacion	None of these
4	What is meant by Enrichment in grain products	Replacement of lost vitamins and minerals	Adding all minerals	Removal of vitamins and minerals	Adding all vitamins
5	What is meant by Fortification in foods	Removal of 1 or more vitamins or minerals	Addition of 1 or more vitamins or minerals	Addition of all vitamins and minerals	Removal of all vitamins and minerals
6	Full form of GMO?	Gene mutated organism	Genome modified organism	Genetically modified organism	None of these
7	Which GM variety of rice has enhanced beta carotenes and iron.	Brown Rice	Golden Rice	Green Rice	None of these
8	Is there any other nutrient besides iodine which salt is fortified with?	Calcium	Iron	Vitamin	Vitamin D
9	Which of these foods have been fortified with Vitamin D?	Fortified Milk	Fortified Oil	Fortified Wheat Flour	Both A and B
10	What is the best time to expose your body to the sunrays for producing Vitamin D?	10 a.m. - 1 p.m.	9 a.m. - 11 p.m.	11 a.m. - 1 p.m.	7 a.m. - 12 p.m.
11	What is double fortified salt fortified with?	Iron	Iodine	Iron and Iodine	None of these
12	What is Fortification of food?	Deliberately increasing the content of an essential micronutrient in food	Providing tablets containing vitamins and minerals along with food	Proper cooking and storage of food to avoid loss of nutrients	Ensuring minimum amount of nutrients in food
13	Which of the following products do you think are fortified in India?	Milk and Oil	Salt	Wheat Flour and Rice	All of these
14	Which of these is an example of food fortification?	Adding iodine to common salt to prevent goitre	Adding fluoride to water to prevent dental carries	Adding Vitamins, A and D to milk and oil	All of these
15	" +F" Logo stands for?	Food fortification	Organic food	Vegetarian food	Genetically modified food
16	Food fortification affects	Appearance of food	Smell of the food	Taste of food	No effect on organoleptic properties
17	The disease caused in adults because of deficiency of vitamin D is.	Anemia	Tuberculosis	Osteoporosis	Osteomalacia
18	Blindness in young children is due to deficiency of:	Vitamin A	Vitamin C	Vitamin B	Vitamin D
19	Among the following which is the best Source of Vitamin A:	Cauliflower	Carrot	Beans	None of these
20	Milk is fortified with:	Vitamin A	Vitamin C	Vitamin D	Both A and D
21	Oil is fortified with:	Vitamin A	Vitamin C	Vitamin D	Both A and D
22	Wheat flour is fortified with which nutrient:	Vitamin A and Vitamin D	Iron, Folic Acid and Vitamin B 12	Folic acid, Vitamin B12 and Vitamin D	Vitamin A, Iron and Vitamin C
23	Rice is fortified with which nutrient:	Vitamin A and Vitamin D	Iron, Folic Acid and Vitamin B 12	Folic acid, Vitamin B12 and Vitamin D	Vitamin A, Iron and Vitamin C
24	Term used for live bacteria found in yogurt	Antibiotics	Adjuvants	Prebiotics	Probiotics
25	Carotenoids serve as precursors to which vitamin?	Vitamin A	Vitamin B	Vitamin C	Vitamin D
26	Thiamine deficiency leads to which disease?	Rickets	Jaundice	Beriberi	Scurvy
27	Chemical name for Vitamin B5?	Ascorbic acid	Pantothenic acid	Acetic acid	Hydrocholric acid
28	Water soluble vitamins include?	Vitamin A and D	Vitamin A and B	Vitamin B and C	Vitamin C and D
29	Which Vitamin is called as Phylloquinone?	Vitamin A	Vitamin K	Vitamin C	Vitamin D
30	Main protein in egg white is?	PR-albumin	Ovalbumin	Whey	Complete
31	1 gm of carbohydrate gives how much calories?	4	5	6	7
32	What is known as the sunshine vitamin?	Vitamin D	Vitamin A	Vitamin K	Vitamin C

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33	Which nutrient is most needed for structural components of the body?	Carbohydrates	Protein	Fats	Fiber
34	Which of the following is the best source of energy for us?	Meat group	Fats, oils and sweets	Bread and cereals	Milk and cheese
35	Which of these is not a nutrient?	Vitamins	Minerals	Fibre	Fats
36	What is the main dietary source of vitamin K?	Green leafy vegetables	Milk	Cheese	Pulses
37	Kwashiorkor is caused by deficiency of?	Vitamin K	Proteins	Calcium	Fats
38	Fibre is important to facilitate which function in the body?	Provide energy	Absorb nutrients	Bowel movements	None of the above
39	Deficiency of Vitamin A leads to?	Obesity	High BP	Night Blindness	High Cholesterol
40	Which one is a water soluble Vitamin?	Vitamin A	Vitamin C	Vitamin E	Vitamin D
41	Vitamin B9 is commonly known as?	Thiamine	Riboflavin	Folic acid	Ascorbic acid
42	1 gm of fat gives how many calories?	8	9	10	11
43	In onion, purple colour is due to?	Anthocyanin	Chlorophyll	Carotenoid	None of these
44	Vitamin necessary for blood coagulation is?	Vitamin A	Vitamin C	Vitamin E	Vitamin K
45	ATP stands for?	Adenosine tri phosphate	Albumin tri phosphate	Amino tri phosphate	None of the above
46	Salt is iodized to prevent?	Adenosine tri phosphate	Albumin tri phosphate	Amino tri phosphate	None of the above
47	Salt is iodized to prevent?	Marasmus	Goitre	Pellagra	Anaemia
48	What is the function of vitamin K in our body?	Good vision	Smooth skin	Blood clotting	RBC formation
49	This nutrient helps insulate our body and cushion our organs?	Water	Calcium	Potassium	Fat
50	Which dietary component helps to maintain a constant body temperature in our body?	Roughage	Vitamins	Water	Energy giving food
51	Lycopene is a?	Enzyme	Amino acid	Pigment	Vitamin
52	1 gm of alcohol gives how much calories?	5	6	7	8
53	What does the bile digest in the small intestine?	Proteins	Fats	Carbohydrates	Minerals
54	Which is not a water soluble vitamin?	Biotin	Thiamine	Retinol	Niacin
55	Name the protein present in Maize?	Avidin	Albumen	Gluten	Zein
56	What is the full form of MUFA?	monounsaturated fatty acids	multi unsaturated fatty acids	Mono Unsaturated Fatty Acids	none of above
57	Vitamin necessary for blood coagulation is?	Vitamin D	Vitamin C	Vitamin B	Vitamin K
58	Unit of Protein Efficiency is?	weight gain per gram of protein	weight gain per gram of fat	weight gain per gram of carbohydrates	none of these
59	Chemical name for Vitamin B1?	beri-beri	niacin	thiamine	folic acid
60	Monosodium glutamate is used in food industry as?	Flavour enhancer	Colour enhancer	Texture enhancer	Appearance enhancer
61	Incidental additives include?	Fats in the form of shortening	Minerals from cooking vessels	Substances that are a major energy contributor to the food	Substances often used at home, such as garlic
62	What is the most fermentable sugar?	Sucrose	Glucose	Maltose	Fructose
63	ATP stands for?	adenosine Tri Phosphate	adenosine triphosphorous	adenosine Di-Phosphate	none of above
64	Top two minerals in milk are?	iron and calcium	calcium and folic acid	calcium and phosphorous	none of above
65	Bean used for the extraction of gum is?	Broad bean	Cluster bean	French bean	Hyacinth bean
66	variety of wheat is used for manufacturing of pasta?	Soft wheat	Hard wheat	Durum wheat	White wheat
67	Overcome the deficiency of nutrients from a synthetic source is called?	fermentation	supplementation	fortification	none of above
68	Flavouring compound of Orange is?	limonene	shagol	geraniol	carvone
69	A substance needed by the body for growth, energy, repair and maintenance is called?	Nutrient	Carbohydrates	Calorie	Fatty acid

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70	All of the following are nutrients found in food except?	Plasma	Proteins	Carbohydrates	Vitamins
71	Your body needs vitamins and minerals because?	They gives the body energy	They help to carry out metabolic rates	They insulate the body's organs	They withdraw heat from the body
72	The deficiency of which of the following group of nutrients affects the skin?	Iron, Iodine, Zinc, Potassium	Riboflacin, Niacin, Pyridoxine, Pantothenic Acid	Vitamin K, Calcium, Fluorine, Copper	All the three
73	According to the My pyramid food Guidance system, a person's should obtain most of their fat from?	Beef, chicken and fish	Vegetables oils, nuts and fish	Fats, oils, and sweet	Milk, yogurt and cheese
74	What does Vitamin K deficiency lead to?	Problem in digestion	Problem in Blood Coagulation	Problem in Calcium Metabolism	All the three
75	FSSAI has introduced which logo for fortified staple food products?	+Z Logo	+F logo	+R logo	None of the above
76	Thiamine deficiency leads to which disease?	Rickets	Jaundice	Beriberi	Scurvy
77	Full form of ALA is ?	Alpha linolenic acid	Alpha linoleic acid	Alpha long -chain acid	None of the above
78	What is the full form of PUFA?	Poly unsaturated fatty acids	Poly Unhealthy Fatty Acids	Poly unused fats and acids	None of the above
79	Which Vitamin is hydroxocobalamin?	B2	B6	B12	B3
80	Chemical name for vitamin B3?	Niacin	Cyanocobalmin	Carotene	Methionine
81	Primary source of energy utilized by human body?	Carbohydrate/sugar	fats	Proteins	Fiber
82	Which poisoning causes minamata disease?	lead	Mercury	Iron	Silver
83	Full form of HFCS with reference to sweeteners?	High Fructose Corn Syrup	High Fat Corn Substitute	High Frying Corn Substitute	None of the above
84	As per FSS Act, maximum fortification of iodine in table salt is?	10 ppm	15 ppm	20 ppm	30 ppm
85	How much Milk Fat Skimmed milk contains?	1.5%	3.5%	0.5%	3.0 %
86	Pernicious anaemia is caused by deficiency of?	Iron	Folic acid	Vitamin B 12	Vitamin A
87	Minimum percentage of milk fat required for cream is?	25%	30%	35%	45%
88	Chemically, fats and oils are what type of glycerides?	Monoglycerides	Triglycerides	Di glycerides	None of the above
89	Colostrum is very good as it is rich in?	Protein and carbohydrate	Proteins and antibodies	Minerals and vitamins	All of the above
90	Weight gained per gram of protein consumed is known as?	BV	NPU	PER	NPR
91	Tocopherol is used in foods as?	Acidity regulator	Stabilizer	Antioxidant	Emulsifier
92	What is the major protein of muscle fibre of meat?	Myosin	Leucine	Albumin	Globulin
93	Most common polysaccharide added to food is?	Water	Salt	Glucose	Starch
94	Micro-mineral essential for production of thyroid hormone is?	Calcium	Iodine	Fluorine	Magnesium
95	Amla is a good source of which Vitamin?	Vitamin A	Vitamin C	Vitamin D	Vitamin K
96	Milk is a poor source of?	Calcium	Protein	Carbohydrate	Vitamin C
97	Which of these is essential for preventing dental caries?	Flouride	Calcium	Vitamin D	Vitamin C
98	Liquid fraction obtained during mashing in beer making is called as?	Malt	Wart	Wort	None of the above
99	Koji is a fermented product made from?	cabbage	cuccumber	soyabean	rice
100	Sauerkraut is a fermented product made of?	cabbage	cuccumber	soyabean	rice
101	Carrageenan is extracted from?	soyabean	Milk	Red edible sea weed	None of the above
102	Which egg white protein has antibacterial property?	Conalbumin	Avidin	Ovomuin	None of the above

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103	Products that contain live micro organism in sufficient numbers to promote intestinal microbial balance?	Antibiotics	Probiotics	Prebiotics	Digestive enzyme
104	Shitake is a type of?	Mushroom	Apple	potato	All of the above
105	The principal flavouring agent of butter is?	Diacetal	sodium	diacetate	None of the above
106	What is the mixture of probiotics and prebiotics called?	Symbiotics	Dibiotics	Synbiotics	None of the above
107	During malting, barley and other grains are broken down by?	Heating to 95 degree Celsius	Conditioning	Amylases	Yeasts
108	What is Sodium Cyclamate as a food additive?	Artificial Sweetener	Coloring agent	Thickening agent	None of the above
109	Which of these is a water soluble natural pigment?	Anthocyanin	Chlorophyll	Carotenoid	None of these
110	Which GM variety of rice has enhanced beta carotenes and iron?	Golden Rice	Brown rice	Par Boiled Rice	None of these
111	Natto is fermented product made from?	soyabean	rice	grapes	None of these
112	What is Sodium Cyclamate as a food additive?	Artificial Sweetener	Coloring agent	Thickening agent	None of these
113	The standard size of fat globules of homogenized milk is?	0.2-2 micrometer	0.5-4 micrometer	3-5 micrometer	7-10 micrometer
114	Microwave is ionizing or non-ionizing radiation?	ionizing	Non-ionizing	both 1 and 2	None of the above
115	Most widely known by-product of corn processing is?	Glue	Paint	Ethanol	Lotion
116	soft cheese made by curdling soy milk with a coagulant is?	Tempeh	Tofu	Yogurt	Cheddar
117	Process of moisture adjustment in wheat is?	Cleaning	Flour formation	Separation of endosperm	Wheat conditioning
118	Percentage of acetic acid in commercially available vinegar is?	2%	4%	6%	10%
119	What is the scientific term for a disease that causes dizziness?	Diabetes	Stroke	Vertigo	None of the above
120	Which of the following has the highest glycemic index?	Ice cream	cucumber	bread	Dextrose
121	The number of calories you can eat each day without gaining weight depends on your?	Hunger	Activity level	Environment	Appetite
122	What's are the best diet to follow?	Paleo	Vegan	Low carb	The diet that works best for them
123	Which of these fats can increase your risk of heart disease?	Polyunsaturated fats	Monounsaturated fats	Monounsaturated fats and polyunsaturated fats	Trans fats and saturated fats
124	Which of the following health benefits would result from regular walking?	Increased blood pressure	Decreased risk of heart disease	Increased resting heart rate	Decreased life expectancy
125	Diabetics are at increased risk of heart disease if they also?	Smoke	Have high HDL cholesterol levels	Are physically active	Consume a high-fiber diet
126	Which of these is a metabolic disorder characterized by high blood pressure?	Osteoporosis	Cardiovascular disease	Osteopenia	Sugar
127	What should be reduced in diet to prevent hypertension?	Salt	Fibrous food	Green Vegetables	Fruits
128	A deficiency of iodine may lead to which of these?	Endemic goitre	Hypothyroidism	Cretinism	All of the above
129	A healthier vegetable to select for a diabetic is?	Colocasia	Spinach	Potato	All of the above
130	Select an appropriate meal for an obese person?	Mix vegetable + Roasted chicken+ Whole wheat flour chapatti	Dal makhni + Fried chicken + Rumali roti	Burger + fries+ coke	Biryani + curd
131	Omega 3 fatty acid is also known by what other name?	olive oil	linolenic acid	fish oil	linoleic acid

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No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
132	Name the three minerals present in the greatest amounts in cereal grains like wheat, millet and brown rice?	sodium, carbonate, bisulfate	zinc, mercury, copper	calcium, iron, phosphorous	potassium, magnesium, calcium
133	What is the caloric content of alcohol?	9 calories per gram	28 calories per gram	7 calories per gram	4 calories per gram
134	Name the one monosaccharide which does not occur naturally in foods or beverages?	fructose	lecithin	beta carotene	galactose
135	what is end product of enzymatic browning?	melanins	galactose	dextrin	all of the above
136	Which among the following has the highest Glycemic Index?	Grapes	Mango	Orange	Water melon
137	Vitamin D is chemically known as?	calciferol	tocopherol	glutamic acid	niacin
138	Which of the following is a reducing sugar?	Starch	Lactose	Maltose	Fructose
139	What percentage of milk fat is present in standardized milk?	3.50%	3.75%	4.25%	4.50%
140	Deficiency of which vitamin causes alcohol related neuro disorder?	Wernicke Korsakoff disease	fetal alcohol syndrome	riboflavinosis	none of above
141	Brewer's yeast is rich in which mineral?	iron	phosphorous	chromium	none of above
142	What is the scientific name of Vitamin B10?	BCAA	PABA	ALA	none of above
143	What is the name of the Co-enzyme Q10?	carenone	Ubiquinone	quinone	none of above
144	Deficiency of which vitamin is associated with Neural Tube Defects?	Vitamin B3	Vitamin B6	Vitamin B9	Vitamin B12

Eat Right Quiz 01 - Answer Sheet

Question No.	Answer		Question No.	Answer
1	1		51	3
2	2		52	3
3	1		53	2
4	1		54	3
5	2		55	4
6	3		56	1
7	2		57	4
8	2		58	1
9	4		59	3
10	3		60	1
11	3		61	2
12	1		62	2
13	4		63	1
14	4		64	3
15	1		65	2
16	4		66	3
17	4		67	2
18	1		68	1
19	2		69	1
20	4		70	1
21	4		71	2
22	2		72	2
23	2		73	2
24	4		74	2
25	1		75	2
26	3		76	3
27	2		77	1
28	3		78	1
29	2		79	3
30	2		80	1
31	1		81	1
32	1		82	2
33	2		83	1
34	3		84	4
35	3		85	3
36	1		86	3
37	2		87	1
38	3		88	2
39	3		89	4
40	2		90	3
41	3		91	3
42	2		92	1
43	1		93	4
44	4		94	2
45	1		95	2
46	1		96	4
47	2		97	1
48	3		98	3
49	4		99	3
50	3		100	1

Eat Right Quiz 01 - Answer Sheet

Question No.	Answer		Question No.	Answer
101	3		123	4
102	1		124	2
103	2		125	1
104	1		126	2
105	1		127	1
106	3		128	4
107	3		129	1
108	1		130	1
109	1		131	2
110	1		132	4
111	1		133	3
112	1		134	4
113	1		135	1
114	2		136	4
115	3		137	1
116	2		138	4
117	4		139	1
118	2		140	4
119	3		141	3
120	4		142	2
121	2		143	2
122	4		144	3

Eat Right Quiz - Question Bank No. 2

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
1	During fever, the basal metabolic rate of a person?	Increases	Is zero	Decreases	Remains unaltered
2	What should be the TPC of oil as per FSSAI?	10%	15%	20%	25%
3	What is the DART Book used to detect?	adulteration	Contamination	None of the above	Both
4	Investing in the health of the employee helps in improving?	Company's image	Productivity	Health and well being	All of the above
5	What does IFSA stands for?	The Indian Food Sharing Alliance	The Indian Food Saving Alliance	The Indian Food Security Alliance	The Indian Food Sharing Agency
6	What are the components of Eat Right Tool Kit?	Handbook and Tools for Frontline health workers	Engagement Material for Citizens	Both 1 and 2	None of the above
7	What is the full form of FoSTAC?	Food Safety Training Accreditation and Certification	Food Safety Training and Certification	Food Safety Training and Accreditation	Food Safety Training
8	What is the full form of RUCO?	Repurpose Used Cooking Oil	Re used Cooking Oil	Reduced Cooking Oil	Restricted use of cooking oil
9	The key purpose of SNF initiatives is to bring about?	Social change amongst the citizens	Behavioural change amongst the citizens	Educate the consumers	All of the above
10	Name the SNF resource book for home?	Pink Book	Green Book	Orange Book	Yellow Book
11	Common Adulterants in milk are?	Non permitted Colours	Sodium bicarbonate	Water and starch	All of the above
12	What is the full form of HFSS?	High Fat, Sugar and Salt	Highly fried Saturated Sources	High Fat, Sodium and Saccharin	None of the above
13	Name the initiative which is used for training and capacity building of the street food vendors?	Project Clean Street Food	Project Street Food	Project Clean and Hygienic Street Food	Project Street Vendor
14	The purpose of FFRC is to provide?	Information and technical assistance on standards of fortified foods	Quality assurance and control for production of fortified foods	Assure safe and wholesome food for all	All of the above
15	What is FFRC?	Food Fortification Resource Centre	Food for Resource Centre	Food Fortified Resource Centre	Food Fortification Centre
16	Name the Food Hygiene Rating Scheme of FSSAI for restaurants?	Serve Safe and Healthy	Serve Safe	Serve Safe and Nutritious	Serve Right
17	Swasth Bharat Yatra is inspired by?	Narendra Modi	Ayushman Bharat	Mahatma Gandhi	All of the above
18	Objectives of IFSA?	Help minimize food wastage	prevent food loss along the supply chain	Provide strategic policy, regulatory, and programme support to food loss and waste reduction initiatives	All of the above
19	Name the nation wide campaign of FSSAI to reduce the intake of HFSS foods?	Thoda sa kam	Thoda hisaab se	Aaj se thoda kam	Thoda sa bus
20	Eat Right India movement is built on two broad pillars?	Eat Healthy and Eat Safe	Eat Right and Eat Safe	Eat Healthy and Eat Nutritious	All of the above
21	The aim of Swasth Bharat Yatra is?	Eat Healthy and Eat Safe	To cascade the message of Eat Right India to every corner of the country	To adopt a healthy life style	All of the above
22	Indians need to be more conscious and mindful of our diets because?	There is rising incidence of diet-related diseases and lifestyle disorders	It incurs huge economic burden	It impedes productivity	All of the above
23	What is the purpose of Eat Right Awards?	If you eat a well balanced diet	If you serve safe and hygienic foods	If you have excelled in contributing in the space of safe foods and healthy diets	If you are a certified food vendor
24	FSSAI has developed a simple, illustrated manual to detect common adulterants at home called?	ART	DART	CART	TART
25	Food is said to be adulterated when?	Intentional addition or extraction is done	Unintentional addition or extraction is done	Both 1 and 2	All of the above

Eat Right Quiz - Question Bank No. 2

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
26	What is the recommended allowance for salt by WHO for an adult?	3g per day	4g per day	5g per day	6g per day
27	What are the sources of Trans fat?	HVO	Vanaspati	Margarine	All of the above
28	TFA content should not be more than how much per serving?	0.1gm	0.2gm	0.3gm	0.4gm
29	What is the full form of RUCO?	Repurpose Used Cooking Oil	Resused Cooking Oil	Refined Cooking Oil	All of the above
30	Double fortified salt DFS contains?	Iron and Folic acid	Iron and Iodine	Cacium and Vitamin D	Iron and Vitamin C
31	Fats and Oils are fortified with which micronutrients?	Vitamin A and D	Vitamin A	Vitamin D	Vitamin E
32	Staples like rice and wheat are fortified with?	Iron	folic acid	Vitamin B12	All of the above
33	Name the micronutrients to be added in milk?	Vitamin C	Vitamin A	Vitamin D	Both 2 and 3
34	Name the micronutrients to be added in milk?	Vitamin C	Vitamin A	Vitamin D	Both 2 and 3
35	Full form of FMEA is?	False Mode Effect Analysis	Fast Mode Effective Analysis	Failure Mode Effect Analysis	Failure Medium Effect Analysis
36	What is FIFO?	First Information for Organization	First in First out	Figure in figure out	First index First obtained
37	GHP Stands for?	Good Healthy Practice	Good Handling Practice	Good Hygiene Practices	General Hygiene Practices
38	Schedule 4 of FSS Licensing Regulations has how many parts?	4 parts	5 parts	6 parts	7 parts
39	Full form of QMS?	Quality Movement System	Quality Management Safety	Quality Management System	Quality Manager for Safety
40	What should be implemented by the food businesses to provide assurance of food safety?	HACCP	PRP	FSMS	GMP
41	What does FoSTaC stand for?	Food Start Ups and certification	Food safety testing and certification	Food Safety Training and Certification	None of the above
42	What are food allergies?	An immunologic reaction resulting from the ingestion, contact or inhalation of a food or food additive	An adverse reaction to a food in which the body's immune system is not involved	A metabolic food disorder where food borne substances interfere with normal metabolic processes	All of the above
43	What are the probable causes of Food Allergies?	New proteins introduced into foods during genetic manipulation	Environmental factors	Lifestyle and eating behaviours	All of the above
44	What is Food intolerance?	Adverse reaction of food in which body's immune system is not involved	Adverse reaction of food in which body's immune system is involved	It is a metabolic disorder	All of the above
45	How many types of certification programmes are available under FoSTaC?	10	15	17	20
46	What is Food Toxicity?	Adverse reaction to food due to the presence of naturally occurring toxins in foods	Adverse reaction to food due to the presence of adulterants in foods	Adverse reaction to food due to the presence of contaminants in foods	All of the above
47	Anaphylactic shock is characterized?	By Gastrointestinal tract, skin, respiratory tract and cardiovascular systems	By local tissue reactions on the lips, in the mouth and throat	By flushing, urticaria, itching	All of the above
48	Which food allergen has the highest occurrence in the world?	Tree Nut	Shellfish	Soybean	Peanut
49	What are the common Allergens in foods?	Casein in Milk	Peanuts	Eggs	All of the above
50	Full form of GHP?	Good Hygiene Practices	Good Housekeeping Practices	Good Health Practices	All of the above
51	What bis the full form of GMP?	Good Managerial Practices	Good Management Practices	Good Manufacturing Practices	All of the above
52	What is the full form of GAP?	Good Agricultural Practices	Good Administration Practices	Good Association Practices	All of the above
53	What does AGMARK stand for?	Agricultural Mark	Agri Marketing	Agricultural Management	All of the above

Eat Right Quiz - Question Bank No. 2

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
54	Expand HACCP?	Hazard Analysis and Critical Control Point	Hygiene Analytics and Critical Care Prevention	Health Analysis and Critical Control Point	Hazard and Critical Control Point
55	What is the full form of FSMS?	Food Safety Management System	Food Security Management Systems	Food Safety and Management Systems	Food Safety and Marketing System
56	Which chemical is released in the body in response to allergens?	Histamine	Epinephrine	Thyroxine	Serotonin
57	At present, there is no effective medical treatment against food allergies. Therefore, the best way for prevention is to?	Be label and ingredient alert	Strict avoidance of the food containing the allergen	Use of Hypoallergenic foods	All of the above
58	What is Fortification?	Fortification is the addition of nutrient to food to improve the quality of the diet of a group, community or a population	Addition of a nutrient to a staple or other widely consumed primary food deficient in one or more nutrients, to improve, the nutritional quality of the food	Restore nutrients lost during processing of foods so that the nutrient content is resolved to a level originally present in the raw food	All of the above
59	Which of the following methods is used for Food fortification?	Mass fortification	Universal fortification	Targeted Fortification	All of the above

Eat Right Quiz 02 - Answer Sheet				
Question No.	Answer		Question No.	Answer
1	1		31	1
2	4		32	4
3	1		33	4
4	4		34	4
5	1		35	3
6	3		36	2
7	2		37	3
8	1		38	2
9	4		39	3
10	1		40	3
11	4		41	3
12	1		42	1
13	1		43	4
14	4		44	1
15	1		45	3
16	2		46	1
17	3		47	1
18	4		48	4
19	3		49	4
20	1		50	1
21	4		51	3
22	4		52	1
23	3		53	1
24	2		54	1
25	1		55	1
26	3		56	1
27	4		57	4
28	2		58	4
29	1		59	4
30	2			

Eat Right Quiz - Question Bank No. 3

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
1	Which of these helps in pest control?	Covered drains	Food containers with tight lids	Avoid food spillage	All of the above
2	How long you should scrub your hand?	5 seconds	10 seconds	15 seconds	20 seconds
3	What is a substitute for proper hand washing?	Hand Sanitizers	Gloves	Tongs	None
4	What is added to fruits before freezing commercially to protect quality?	Vitamin E	Ascorbic acid	Water	Sugar
5	What is the primary purpose of blanching food?	Clean the food	Prevent pest infestation	Inactivate enzymes in food	Prevent food from drying
6	What help in maintaining pH?	Buffering agents	Sequestrants	Anti-caking agents	Anti-foaming agents
7	Elimination of all forms of bacteria is called?	Pasteurisation	Sterilization	Blanching	Appertization
8	Who developed the canning process?	Nicholas Appert	Nicholas Flemming	Charles Darwin	Blaise Pascal
9	At what temperature should you keep frozen food?	4°C	0°C	18°C	10°C
10	At low temperature, rate of respiration of harvested fruits?	Increases	Decreases	Remains same	Stops
11	Pasteurization is done to kill?	Selective microorganisms	All microorganisms	Yeast	Yeast and its spores
12	Curing is commonly used for the preservation of?	Vegetables	Meat and Fish	Cereals and Pulses	Fruits
13	HTST with respect to pasteurization is?	High temperature short time treatment	High Temperature Short Time	High temperature storage test	None of the above
14	Receiving temperature of chilled food should be at or below?	7°C	5°C	3°C	6°C
15	Cutting boards must be sanitized with?	Chemical sanitizer	Chlorine bleach	Detergent	None of the above
16	SOP stands for?	Standard Operating Procedure	Small outline package	Standard of practice	None of the above
17	Chopping board used for handling raw vegetables and raw meat should be?	Same	Separate	Old worn out	None of the above
18	Which of the following is correct?	Hurdle technology is a multi target preservation	Hurdle technology is process to eliminate or control pathogens	Hurdle technology combines non-thermal food processing with traditional or other emerging technologies	All of the above
19	Symbol for irradiated foods is called?	Agmark	Silk Mark	Radura	Gamma
20	Handling foods after using toilet may lead to?	Sterilisation	Cleaning	Cross-contamination	Depletion of nutrients
21	Another term for cold sterilization is?	Pasteurisation	Irradiation	Freezing	Blanching
22	Frozen meat should be defrosted in the?	Open	On fire	Refrigerator	Should be directly cooked
23	What is the time-temperature combination to treat milk at high temperature short time?	63°C, 145°F for 30 minutes	72°C, 161°F for 15 seconds	89°C, 191°F for 1 second	90°C, 194°F for 0.5 seconds
24	Technology of processing of frozen peas is called?	Freeze drying	IQF, Individual Quick Freezing	Freezing	Coating
25	What is the minimum temperature at which food should be held during pasteurisation?	15°C	25°C	63°C	55°C
26	The danger zone in the food preparation refers to temperature between?	0-40°F	40-140°F	140- 180°F	Above 180°F
27	What happens to the can of canned foods at high altitudes?	Contract	Expand	No change	Bacteria are destroyed
28	What is the importance of freezing foods?	To kill bacteria	To cease multiplying bacteria	Preserving vitamins	To kill virus
29	The term used to indicate water which is free from pathogenic bacteria and palatable?	Potable water	Sterile water	Hygienic water	Palatable water

Eat Right Quiz - Question Bank No. 3

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
30	The transfer of harmful micro-organisms from one item of food to another via a non-food surface such as human hands, equipment, or utensils is known as?	Contamination	Spoilage	Cross-contamination	Poisoning
31	Which term is applied to all stomach and intestinal disturbances due to food contaminated with certain microorganisms or to their toxins?	Food allergy	Food poisoning	Food infection	Food spoilage
32	Which method is used for altering environmental conditions in which spoilage microorganisms are unable to grow in the food?	Preservation	Fortification	Sterilization	Sanitation
33	What is the process of moisture adjustment in wheat?	Cleaning	Conditioning	Separation of endosperm	Flour formation
34	Thermo processing done at high pressure is called?	Retort Packaging	Blanching	High Pressure processing	Pulse electric field
35	GAP stands for?	Good Action Plan	Good Action Practices	Good Agriculture Practices	Good Awareness Programme
36	What is the full form of CCP?	Critical Count Point	Crisis Control Point	Crisis Count Point	Critical Control Point
37	What is the use of Sodium bicarbonate?	Humectant	Preservative	Leavening agent	Stabilizing And Emulsifying agent
38	Packaging of food in sterile packaging material is called as?	Sterile packaging	Aseptic packaging	Septic packaging	Fertile packaging
39	Tocopherol is used in foods as?	Acidity regulator	Stabilizer	Antioxidant	Emulsifier
40	How do salt and sugar help to increase shelf life?	Create acidic medium	Bind to water	Kill microorganisms	Dissolve the cell walls
41	Which of these is a leavening agent?	Sodium carbonate	Sodium chloride	Sodium bicarbonate	Sodium hydroxide
42	Receiving temperature of chilled food should be at or below?	0°C	5°C	10°C	"-18°C"
43	Time-Temperature combination for HTST treatment of milk is?	72Â°C for 15 seconds	82Â°C for 15 seconds	63Â°C for 15 min	135Â°C for 1 second
44	Packaging that increases shelf life of milk is?	Aseptic	Tetrapack	Multilayer film	All of the above
45	SOP stands for?	Standard Operational Procedure	Sufficient Operational Part	Standard Operating Procedure	Sufficient Operating Point
46	Moisture retention agents are termed as?	Surfactant	Humectant	Emulsifier	Stabilizer
47	Method used to remove hydratable gums in soyabean oil is called?	Washing	Peeling	Water Degumming or Degumming	Cleaning
48	What is the expensive method of drying to preserve foods?	Solar drying	Freeze drying	Tray drying	Drum drying
49	At low temperatures, the rate of respiration of harvested fruits decreases or increase?	Decreases	Increases	Remains same	All of the above
50	At what temperature should you keep your refrigerator?	5-10°C	10-20°C	0-5°C	"-5-0°C"
51	Blanching is done to preserve colour of fruits and vegetables?	Preserves colour	Inactivates enzyme	Preserves flavour	All of the above
52	Total heating time required to accomplish complete destruction of spores is called?	Thermal Death Time	Pasteurization	Sterilization	Aseptic process
53	Treatment of fruits and vegetables with boiling water or steam followed by cooling is called?	Lye peeling	Lye dipping	Blanching	Peeling
54	Which of these is not a chemical leavening agent?	Baking Soda	Sodium tartrate	Ammonium Carbonate	Yeast
55	The only inorganic acid used as a food acidulate is?	Succinic acid	Tartaric acid	Nitric acid	Phosphoric acid
56	Which device is used to detect the odour and flavour of food?	Electronic nose	E-tongue	Texture analyser	GC
57	Incidence of foodborne illness is at its highest in which season?	Winter	Monsoon	Spring	Summer

Eat Right Quiz - Question Bank No. 3

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
58	Method of roasting and cooking in a tightly closed pan is called?	Roasting	Frying	Braising	Smoking
59	Name the alkaloid toxicant in Potato?	Piperine	Cocaine	Capsaicin	Solainin
60	Main raw produce for production of beer is?	Hops	Yeast	Malted barley	Water
61	Gas used to package freeze dried foods?	Oxygen	Nitrogen	Hydrogen	Carbon dioxide
62	Where should meat be stored in the refrigerator?	Freezer	Bottom shelf	Middle shelf	All of the above
63	What is the temperature in a dry store?	between 11Â°C and 18Â°C	0-4Â°C	8-10Â°C	20-25Â°C
64	What can inactivate enzymes?	Radiation	Cooling	Drying	Freezing
65	Irradiation causes undesirable flavour changes in which products?	Dairy	Grain	Meat	Vegetable
66	Foods sterilized by irradiation can be stored for how long without refrigeration?	Weeks	Months	Years	Days
67	What is made by churning pasteurized cream?	Milk	Ice cream	Yogurt	Butter
68	Additives that help in maintaining pH are called?	Buffering agent	Acid	Base	All of the above
69	Full form of CCP is?	Cost Control Program	Configuration control panel	Critical control point	None of the above
70	Thermo processing done at high pressure is called?	Pasteurization	Sterilization	Retortable packaging	Aseptic process
71	Which is a flour bleaching agent?	Calcium peroxide	Nitrogen dioxide	Chlorine	All of the above
72	Which of the following is incorrect?	Antiseptic - used on living tissues and cells to destroy infections	Disinfectants - to destroy microorganisms that infect non-living objects	Sanitizers - used to reduce microbes for human safety.	They play the same role
73	How many feet above the ground should fly light traps be mounted?	1 to 3 feet	10 to 15 feet	4 to 6 feet	8 to 10 feet
74	What is pheromone trap used for?	Trapping animals	Trapping insects	Trapping birds	None of the above
75	Crystallization for long time leads to which size of crystals?	Small	Large	No crystals formed	None of the above
76	Salt or Sugar is added to foods for longer shelf life as they?	Create acidic medium	Bind to water	Kill microorganisms	Dissolve the cell walls
77	The system of altering gas composition for storage of fruits is called?	Calculated Atmospheric Storage	Modified Atmospheric Storage	Controlled Atmospheric Storage	None of the above
78	Product produced by hydrolysis of Sucrose in presence of Invertase?	Glucose	Fructose	Invert Sugar	None of the above
79	What is the unit of radiation energy?	Roentgen	Gray (Gy)	Sievert	Radiation absorbed dose (rad)
80	Substances used to preserve foods by lowering pH are?	Baking powder and soda	Smoke and dry ice	Vinegar and citric acid	Salt and sugar
81	Sterilization by high pressure steam at > 121Â°C for 15 â€” 20 minutes is called?	Pasteurisation	Irradiation	Blanching	Autoclaving
82	Change that a lipid undergoes leading to undesirable flavour and odour is known as?	Gelatinisation	Turbidity	Gelation	Rancidity
83	An example of a bleaching agent?	Silver nitrite	Potassium sulphate	Sodium hypochlorite	Calcium sulphate
84	Which of the following is a Cryogenic Fluid?	Liquid Nitrogen N2	Ammonia	Oxygen	Bromine
85	What is the full form of HoSU?	History of Safe Use	Heat of Safe Use	History of Standard Use	None of the above
86	Name the process for removing moisture from frozen food?	Tray drying	Puff drying	Freeze drying	Spray drying
87	What is the unit operation for thermal food preservation?	Irradiation	High pressure processing	Blanching	Pulsed Electric Field
88	Moisture retention agents are termed as?	Moisture scavenger	Humectant	Dehumidifier	Retentator
89	Method used to remove hydratable gums in soyabean oil is known as?	Desolvation	Alkalislation	Degumming	Dehydration

Eat Right Quiz - Question Bank No. 3

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
90	What is liquid Nitrogen?	Gas	Vapour	Cryogenic Fluid	Fluid
91	Which enzyme is denatured at blanching temperature?	Peroxidase	Catalase	Oxidase	Lipase
92	Which enzyme leads to browning of apple?	Polyphenol oxidase	Lipase	Catalase	Superoxidase
93	Carmoisine is a food additive used as a?	Liquifying agent	Moisturising agent	Flavour	Colour
94	The principal flavouring agent of mint is?	Eugenol	Methanol	Menthol	Vanilla
95	Nitrates are used in food as?	Leavening agent	Anticaking agent	Curing agent	Antimicrobial agent
96	What is the Antinutritional factor in cotton seed?	Tannin	Trypsin inhibitor	Gossypol	Saponins
97	How much is the TSS of tomato sauce?	40 %	15 %	25 %	35 %
98	What is the danger zone of temperature at which foods should not be stored?	10-80°C	20-100°C	0-30°C	5-60°C
99	Which dangerous bacteria may be present in raw eggs?	Bacillus	Salmonella	Streptococcus	Lactobacillus
100	Which of these food-borne illnesses is not caused by bacteria?	Cholera	Typhoid	Botulism	Hepatitis A
101	Which toxic chemical is present in the green portions of potatoes?	Solanine	Starch	Chlorophyll	None of the above
102	What is the full form of BPA, a chemical present in plastics?	Butylene A	Bisphenol A	B Phenylalanine	B paraffin
103	Which group of bacteria if detected in food indicate that the food has been contaminated by faeces?	Bifidobacter	Staphylococcus	Coliforms	Lactobacillus
104	Which of these is not a disease caused by bacteria?	Amoebiasis	Typhoid	Shigellosis	Cholera
105	Bacteria which are round in shape are called?	Bacilli	Vibrio	Cocci	Spirochete
106	Which of these is not an anti-nutritional factor present in food?	Phytate	Oxalate	Tannin	Shellfish toxin
107	When starch based foods are cooked at high temperatures, which harmful chemical is produced?	AGE's	Heterocyclic amines	Acrylamide	Nitrosamines
108	Which of the following is an anti-metal decreasing the absorption of metals in our body?	Citrate	Sorbate	Phytate	Fumarate
109	Which toxin is present in the Pufferfish?	Dioxin	Tetrodotoxin	Ciguatera	Histamine
110	The multiplication of bacteria is maximum in which phase of the growth curve of the bacteria?	Lag phase	Log phase	Stationary phase	Death phase
111	Bacteria which are able to grow at low temperatures are called?	Psychrophiles	Mesophiles	Thermophiles	None of the above
112	Foods which are acidic in pH are usually spoilt by which kind of microbes?	Bacteria	Virus	Yeasts and Molds	Protozoa
113	Which is the bacterium responsible for what is referred to as Traveller's diarrhoea?	E-coli	Salmonella	Clostridium	Staphylococcus
114	Which of these viruses is responsible for gastroenteritis and diarrhoea?	Adenovirus	Norwalk virus	Rotavirus	All of the above
115	Which mold produces the mycotoxin called Aflatoxin?	Aspergillus SPP	Claviceps SPP	Fusarium SPP	None of the above
116	Consumption of mustard oil which has been adulterated with argemone oil can lead to what kind of disease condition?	Gastroenteritis	Epidemic dropsy	Cyanosis	Seizures
117	Minamata disease outbreak in Japan was attributed to which heavy metal poisoning?	Lead	Cadmium	Copper	Mercury

Eat Right Quiz - Question Bank No. 3

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
118	Itai-Itai disease outbreak in Japan was attributed to which heavy metal poisoning?	Lead	Cadmium	Copper	Mercury
119	Arsenic poisoning causes which of the following symptoms?	Garlic breath	Nerve damage	Skin lesions	All the above
120	Which of these substances, naturally present in plant foods, inhibits the uptake of iodine by the thyroid gland?	Phytate	Oxalate	Goitrogen	Tannin
121	What is the term used for the amount of a food additive which can be ingested daily over a lifetime without appreciable health risk?	RDA	ADI	MPL	FDA
122	Which committee of FAO or WHO evaluates the hazards posed by different food additives?	JECFA	JMPR	CCCF	CCFL
123	For which artificial sweetener does the label say that it is not for phenylketonurics?	Aspartame	Sucralose	Acesulfame	None of the above
124	Which preservative can on heat processing form nitrosamines in processed meats?	Benzoates	Nitrites	Sulphites	Sorbates
125	Which preservative can on heat processing form nitrosamines in processed meats?	Benzoates	Nitrites	Sulphites	Sorbates
126	What kind of infectious agents are Prions which caused the mad cow disease?	Bacteria	Virus	Pathogenic protein	Protozoa
127	Which of these is not a disease caused by protozoa?	Giardiasis	Amoebiasis	Cryptosporidiosis	Poliomyelitis
128	Cooked rice is most likely to get contaminated with which pathogenic bacteria?	Clostridium botulinum	Campylobacter jejuni	Bacillus cereus	Salmonella SPP
129	How much humidity is desirable to ensure safety in areas where food is being handled in a food service establishment?	More than 80Â°C	Less than 80Â°C	More than 65Â°C	Less than 65Â°C
130	In a food service establishment ideally one tap for hand washing is recommended for how many food handlers?	15-20	25-30	35-40	45-50
131	What should be the level of luminance in food preparation areas in a hotel or restaurant?	200 lux	300 lux	400 lux	500 lux
132	What is the best temperature for the water used to clean utensils in a hotel or restaurant?	23 degree C	33 degree C	43 degree C	53 degree C
133	Potable water should be tested according to which standard?	IS 10500	IS 15000	IS 17650	IS 22500
134	When potentially hazardous food is received at an establishment, what should be the temperature of the food?	greater than 5°C	less than 5°C	greater than 0°C	less than 0°C

Eat Right Quiz 03 - Answer Sheet

Question No.	Answer		Question No.	Answer
1	4		51	4
2	4		52	1
3	4		53	3
4	2		54	2
5	3		55	4
6	1		56	1
7	2		57	4
8	1		58	3
9	3		59	4
10	2		60	3
11	1		61	2
12	2		62	2
13	2		63	1
14	2		64	1
15	2		65	1
16	1		66	3
17	2		67	4
18	4		68	1
19	3		69	3
20	3		70	3
21	2		71	4
22	3		72	4
23	2		73	3
24	2		74	2
25	3		75	2
26	2		76	2
27	2		77	2
28	2		78	3
29	1		79	2
30	3		80	3
31	2		81	4
32	1		82	4
33	2		83	3
34	1		84	1
35	3		85	1
36	4		86	3
37	3		87	3
38	2		88	2
39	3		89	3
40	2		90	3
41	3		91	1
42	2		92	1
43	1		93	4
44	4		94	3
45	3		95	3
46	2		96	3
47	3		97	3
48	2		98	4
49	1		99	2
50	3		100	2

Eat Right Quiz 03 - Answer Sheet

Question No.	Answer		Question No.	Answer
101	1		118	2
102	2		119	4
103	3		120	3
104	1		121	2
105	3		122	1
106	4		123	1
107	3		124	2
108	3		125	2
109	2		126	3
110	2		127	4
111	1		128	3
112	3		129	4
113	1		130	1
114	4		131	4
115	1		132	3
116	2		133	1
117	4		134	2

Eat Right Quiz - Question Bank No. 4

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
1	What Does Green Dot on food packet stand for?	Vegetarian food	Non-Vegetarian Food	Organic Food	Fortified Food
2	Full form of FSSAI is?	State food Authority	Food Safety and Standards Authority of India	Food Safety Association of India	None of these
3	Full form of FAO is?	Forest and Agriculture Office	Food Administration Organization	Food and Agricultural Organisation	All of these
4	Which term is applied to all stomach and intestinal disturbances due to food contaminated with certain microorganisms or to their toxins?	Food allergy	Food poisoning	Food infection	Food spoilage
5	Any substance not intentionally added to food, which is present in such food as a result of the production manufacture, processing, preparation, treatment, packing, packaging, transport or holding of such food or as a result of environmental contamination is called?	Additive	Supplement	Ingredient	Contaminant
6	How consumer analyze the samples of food under FSSAI?	Directly by approaching authority	Consumer cannot analyse the sample	Permission of police is required	None of the above
7	Does FSSAI provide training to food business operators?	Yes	No	This is not a mandate of FSSAI	None of the above
8	Is there a registration fee required under FSSAI?	Yes, Rs. 100	Yes, Rs. 50	No fee	None of the above
9	Do State governments have to comply with the requirements of the Food Act 2006?	No	Yes	Require permission of Central government	Required permission of central health ministry
10	Who issues improvement notice?	FSO	Designated Office	Central food authority	Health ministry
11	Organic food means?	Food and food ingredients composed of or containing genetically modified or engineered organisms	Food products that have been produced in accordance with specified organic production standards	Both 1 and 2	None of the above
12	How can consumer know whether a particular food additive can be used in a food product in India?	On EIC website	On DADF website	on <say-as interpret-as="characters">FSSAI</say-as> website	on MPEDA website
13	What is a food recall?	Action taken to remove a marketed food	Action taken to sale the food on priority	Action taken to final dispose of food by company	All of the above
14	What is a food recall?	Action taken to remove a marketed food	Action taken to sale the food on priority	Action taken to final dispose of food by company	All of the above
15	What should consumers do if they have a product that has been recalled?	Return product to company	Complaint to police	Complaint to Food authority	Complaint to health ministry
16	How do consumer complain about food bought from a shop or restaurant?	should complain to the Food Safety Officer	Designated Officer	Food Safety Commissioner of the State	Any of the above
17	Specify the reason of ban on import of milk products from China?	To stop mercury contamination	To stop heavy metal contamination	To stop antibiotics contamination	To stop melamine contamination
18	What is meant by Food Safety Management Systems (FSMS)?	System to ensure that food does not cause adverse human health effects	It involve control on raw material	It involves control on control on production, storage, distribution etc.	All of the above
19	What is the Purpose of FSMS?	To ensure the manufacture	storage	distribution and sale of safe food	All of the above
20	In food industry Quality Assurance is?	Procurement activity	Production activity	Distribution activity	A complete system to assure the quality of products

Eat Right Quiz - Question Bank No. 4

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
21	FBO needs to apply for Central Or State License will depend on?	The nature of a business	Its turnover	Area of operation	All of these
22	What are the different categories of license?	Registration	State license	Central License	All of these
23	Nutritional information is not required for which one of the following products?	Pickles	Soft drinks	Bread	Biscuit
24	Food Safety and Standards Act, 2006 was notified on?	24th August, 2006	2nd October 2006	15th August 2006	26th January 2006
25	Full form of EIC?	Export Inspection Council of India	Export Inspection Agency	Export Inquiry Council	None of these
26	What is FIFO?	First In First out	First out Last In	Food Inspection	Food officer
27	What is the full form of TBT?	Total barrier toll	Technical Barriers to Trade	Technical battle to court	Thermal Bacterial tilt
28	WTO regulates?	FSSAI standard	Codex standards	BIS standard	EIC standard
29	Secretariat of FAO is located in which city?	Rome	USA	France	Japan
30	What does FMCG stand for?	Fast Moving Consumer Goods industry	Fast Moving Cooking Goods industry	Fast Moving Coal Goods industry	Fast Moving cement industry
31	Full form of HACCP?	Hazard automatic control point	Hazard authority critical control point	Hazard Analysis Critical Control Point	All of the above
32	FSSAI operates under which Ministry?	Ministry of Agriculture	Ministry of consumer	Ministry of commerce	Ministry of Health and Family Welfare
33	What is the full form of EU?	England Union	Export Union	European Union	All of the above
34	Food Safety and Standards Act, 2006 was operationalised on?	5th August, 2011	5th August, 2007	5th August, 2012	5th August, 2013
35	BIS stands for?	Bharat Import Standards	Bureau of Indian Standards	Bureau of Indian System	Bureau of International Standards
36	BMI is the acronym of?	Body Mass Index	Body matter mass	Body meal diet	Blood mass index
37	Chemical name of Ajinomoto is?	Ascorbic Acid	Tryptophan	Calciferol	Monosodium Glutamate
38	What is meant by SNF?	Fat part of milk	Water in milk	Protein in milk	Part of milk without water and Fat
39	Vitamins used to fortified milk?	Vitamin A	Vitamin D	Vitamin C	Option 1 and 2 are correct
40	A1 and A2 are types of?	Honey	Water	Milk	Fish
41	Misbranded food means an article of food?	Offered or promoted for sale with false, misleading or deceptive claims	Food prepared without license	Food contain insect	Food contain extraneous matter
42	Premises under FSS act include?	Shop	Hotel	Food canteens	All of the above
43	Primary food means an article of food?	Produce of agriculture or horticulture	Processed food	Food prepared by mixing ingredients	All of the above
44	Sub-standard food means?	It does not meet the specified standards but not so as to render the article of food unsafe	Unsafe food	Manufactured without license	All of the above
45	The article of consisting, wholly or in part, of any filthy, putrid, rotten, decomposed or diseased animal substance is?	Misbranding	Substandard food	Unsafe food	None of the above
46	Salt is iodized to prevent?	Marasmus	Goitre	Pellagra	Anaemia
47	What type of fats are unhealthy?	Polyunsaturated	Polysaccharide	Saturated and trans fat	Monosaturated
48	Which of the following is not an artificial sweetener?	Saccharin	Aspartame	Sugar	Neotame
49	Which authority initiated mobile units for food testing to reach out to consumers?	BIS	FSSAI	DADF	All of the above
50	Food items targeted for fortification?	BIS	FSSAI	DADF	All of the above

Eat Right Quiz - Question Bank No. 4

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
51	What is a certification mark employed on agricultural products in India, assuring that they conform to a set of standards approved by the Directorate of Marketing and Inspection, an agency of the Government of India?	FSSAI	EIC	AGMARK	Hall mark
52	Schedule 4 of FSS Licensing Regulations has how many parts?	2 parts	6 parts	5 parts	9 parts
53	SPS agreement is a part of the?	FSSAI	BIS	WTO agreement	MPEAD agreement
54	What is the full form of IAEA?	India Association of export authority	International Atomic Energy Agency	International organization of exporting countries.	None of these
55	What does FSSAI do?	Laying down science based standards for articles of food	To regulate manufacture, storage, distribution, sale and import of food	To facilitate food safety	All of the above
56	Which Acts/Orders related to food is repealed in FSSAI, 2006?	Prevention of Food Adulteration Act, 1954	Fruit Products Order, 1955	Both 1 and 2	None of the above
57	Which agency is responsible for investigating food-borne illness and foreign object complaints?	FSSAI and State Food Authorities	BIS	EIC agreement	MPEAD agreement
58	Which agencies regulate food business in India?	FSSAI	Director General of trade	Consumer Forum	Animal Husbandry Department
59	How FSS Act will curb increasing food adulteration?	Food Safety Management System, FSMS	traceability	recall	All of the above
60	Specify the section Under which improvement notice is issued?	61 of the Act	90 of the Act	32 of the Act	60 of the Act
61	Does FSSAI provide food testing service for food manufacturers or importers?	Yes	No	Yes on special request of manufacturer	Yes on fee basis
62	Does FSSAI recommend some private laboratories which provide testing service for food?	No	Yes	No such provision in Act	Yes but required special permission of state governments.
63	The functional food and nutraceuticals are explained in?	Section 60	Section 71	Section 22	Section 32
64	The penalties are specified under which sections of the Act?	49-67	32	22	2.5
65	What is the procedure followed for launching prosecution?	Section 22	Section 32	Section 67	Section 48
66	What is meant by Food Safety Management Systems?	System to ensure that food does not cause adverse human health effects	It involve control on raw material	It involves control on control on production, storage, distribution etc	All of the above
67	Which Section of FSS Act, 2006 describes FSMS?	Section 16(2)(c) and section 44	Section 61	Section 72	Section 62
68	Find true statement?	The goal of QC is to identify defects after a product is developed and before it's released	The goal of QA is to improve development and test processes so that defects do not arise when the product is being developed	Everyone on the team involved in developing the product is responsible for quality assurance	All of these
69	Quality Control has draw backs in food safety compliance because of?	Quality control is usually the responsibility of a specific team that tests the product for defects	The goal of QC is to identify defects after a product is developed and before it's released. Hence chance rejection and acceptance is high	QC aims to identify (and correct) defects in the finished product. Quality control, therefore, is a reactive process	All of these
70	Quality Assurance has advantage in food safety compliance because of?	QA aims to prevent defects with a focus on the process used to make the product. It is a proactive quality process	Top management and every manager and all areas (procurement, Production, Distribution etc) are involved to ensure safe food	Everyone on the team involved in developing the product is responsible for quality assurance	All of these

Eat Right Quiz - Question Bank No. 4

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
71	Notified laboratory means any of the laboratories notified by the Food Authority under?	Sub-sections (1) and (2) of section 43 of the Act	Section 61	Section 32	Section 22
72	Food Analyst means an analyst appointed under?	Section 3	Section 45	Section 61	Section 71
73	In which year was Codex set up?	1970	1830	1953	1963
74	FSS Act was amended in 2011?	2012	2013	2016	None of these
75	FoSTaC - Food Safety Training and Certification Portal relates to?	<say-as interpret-as="characters">BIS</say-as>	<say-as interpret-as="characters">EIC</say-as>	<say-as interpret-as="characters">MPEDA</say-as>	<say-as interpret-as="characters">FSSAI</say-as>
76	Authority set up by the Government of India in order to ensure sound development of export trade of India?	BIS	EIC	FSSAI	None of the above
77	Authority set up by the Government of India in order to ensure sound development of export trade of India?	BIS	EIC	FSSAI	None of the above
78	Objectives of FFRC?	To educate people about the benefits of fortified foods	Sensitise states about fortification of food and promote them in the Safety Net Programmes to curb the incidence of micronutrient deficiencies	Provide technical support especially to small scale food manufacturers to enable them to produce fortified foods	All of the above
79	FFRC full form?	Food firm registration certificate	Food Fortification Resource Centre	Food fermentation resource centre	None of the above
80	On website of which authority consumer can search FBO information?	BIS	Consumer forum	FSSAI	Ministry of Health
81	A toned milk sample assumed having 3% fat sent to five different laboratory and results obtained as 2.5, 3.5, 3.1, 2.7, 3.3 what could be reasons for variations?	Uncertainty of measurements	Unrepresentative samples	Food sample attribute due to storage condition failure or other reasons	Any or All of these
82	FSS Act more effective to curb adulteration because it guides manufacturer to control?	Procurement of raw material	Production, store and distribution of food article	Make consumer aware	All of these
83	Providing any information or produces any document that the person knows is false or misleading?	No provision in Act to deal this situation	Fined and punished with imprisonment	FSSAI has no authority to deal	None of these
84	proprietary and novel food means an article of food for which?	Standards have not been specified but is not unsafe	Banned food	FSSAI has no authority to deal	Imported food
85	Risk assessment means?	Hazard identification	Hazard characterisation	Exposure assessment, and risk characterisation	All of the above
86	Risk in relation to any article of food, means?	Process of product making	Probability of an adverse effect on the health of consumers	Putting blames on lower employees	Providing wrong information to consumer
87	What is lactose intolerance?	Difficulty in digesting vitamins	Difficulty in digesting Lactose	Difficulty in digesting proteins	Difficulty in fat
88	The only difference between frozen dessert and ice cream is that?	Frozen dessert use vegetable fat	Frozen desert contain milk fat	1 and 2 are correct	None of these
89	Full form of ADI is?	Acceptable Daily Intake	Altered Daily Intake	Acceptable Diet Intake	None of these
90	Who does risk assessment for Codex standards for Microbiological contaminants?	JEMRA	JPPAC	JPALN	JPLC
91	What is the INS number of Sodium Chloride or Salt?	IBNS	INS	INS 91	Does not have any INS number
92	What should be the characteristics of a food packaging material?	It protects food from physical, chemical and biological hazards	It withstands mechanical and thermal stress during processing and transit	Material from plastic origin shall pass through overall migration limit prescribed under BIS 91	All of above
93	FSS Act was amended in 2011?	2012	2013	2016	None of the above

Eat Right Quiz - Question Bank No. 4

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
94	In which year was Codex set up?	1970	1830	1953	1963
95	Who does risk assessment for Codex standards for pesticide residues?	MICR	JMPR	NICS	JJM
96	The agents to destroy insects, rodents, fungi, weeds and other forms of plants or animal life and are not useful to human beings?	Antibiotics	Pesticide	Heavy metals	Veterinary Drug residue
97	Any Infant Food which is partial or total replacement to mother's milk?	Milk Powder	Skim milk powder	Infant Milk Substitute	All of these
98	Emission or discharge of foul or toxic substances; gas, liquid or solid?	Contaminants	Microbes	Heavy metal	Pollutant
99	what means pasteurization, ultra-pasteurization, sterilization, ultra-high temperature treatment or boiling?	Heat treatment	Reverse osmosis	Irradiation	UV treatment
100	Contrary to or in violation to the rules or Provisions?	Contravention	Conformity	Compliance	Improvement notice
101	Contamination of water by discharge of any sewage, trade effluents, or any other substances to render water harmful or injurious to public health?	Air pollution	Water Pollution	Noise pollution	All of these
102	what means the normal mammary secretion derived from complete milking of healthy milch animal, without either addition thereto or extraction therefrom, unless otherwise provided in these FSS regulations and it shall be free from colostrum?	Honey	Oil	Milk	Meat
103	ISO is?	International Organization for Standardization	International solar organization	International supply organization	All of these
104	what is the Bureau of Indian Standards Certification Mark specified by the Bureau to represent a particular Indian Standard?	Product mark	Standard mark	Quality mark	None of these
105	what means any material coming into contact with Foods which does not contaminate it so as to render the food unfit for consumption?	Packing material	Food Grade Material	Heavy metal material	None of these
106	Well awakened about the quality of the product?	Quality Conscious	Quality unconscious	Quality compliance	All of these
107	the totality of features and characteristics of a product that bear on its ability to satisfy stated or implied needs?	Quality	Labeling	Precision	Repeatability
108	Toxic metabolite of Aspergillus spp. which attacks high protein agricultural produce like; groundnuts and other nuts or products?	Penicillin	Cyclosporine	Aflatoxin	Arsenic
109	The presence of microorganisms (harmful bacteria) in foods?	Heavy metal contamination	Pesticide contamination	Microbial contamination	Antibiotic contamination
110	Presence of poisonous or heavy metals in foods beyond the limits specified in Rules?	Metallic contamination	Pesticide contamination	Microbial contamination	Antibiotic contamination
111	DMI is?	Directorate of foreign trade	Directorate of Marketing and Inspection	Direct metabolic index	None of these
112	CAL and RAL is?	Central Agmark Laboratory and Regional Agmark Laboratory.	FSSAI authorized laboratory	BIS authorized laboratory	APEDA authorized laboratory.
113	Admixture of any two edible vegetable oils?	Non edible	Blended edible	Emulsified fat	Protein
114	FSSAI recently added standard for new milk variant is?	Toned milk	Double toned milk	Full cream milk	Camel milk

Eat Right Quiz - Question Bank No. 4

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
115	full form of NCCP?	National congress of hazard critical points	National commission on plants	National Codex Contact Point.	None of these
116	what are the persons engaged in food service operations i.e. Food preparation, handling and serving. They must be free from contagious diseases?	Food suppliers	Food distributor	Food Handlers	None of these
117	what means any representation which states, suggests or implies that a food has particular nutritional properties which is not limited to the energy value but include proteins, fat carbohydrates, vitamins and minerals?	Nutritional Claims	Nutritional value	Nutritional fortification	Nutritional deficiency
118	what means the date which signifies the end of the period under any stated storage conditions during which the product shall remain full marketable and shall retain any specific qualities for which tacit or express claims have been made or beyond date the food may still be perfectly satisfactory?	Expiry	Best before	Disposal date	Date of production
119	what means the date on which the food becomes the product as described?	Date of manufacture	Expiry	Best Before	Date of labeling
120	what means the date on which the food is placed in the immediate container in which it will be ultimately sold?	Date of Packaging	Expiry	Best before	Date of labeling
121	what means the date which signifies the end of the estimated period under any stated storage conditions, after which product probably will not have quality attributes normally expected by the consumers and the food shall not marketable?	Date of Packaging	Expiry	Best before	Date of labeling
122	What means that part of the container or package which is intended or likely to be displayed or presented or shown or examined by the customer under normal and customary conditions of display, sale or purchase of the commodity contained therein?	Nutritional label	Factory board	Product advertisement	Principle display board
123	What is the ability to trace the history, use of location of an entity by means of recorded information. For product, it refers to the origin of the ingredients, the history of process applied, the distribution and location of the product after delivery?	Best before	Use by	Traceability	Nutritional labeling
124	It is the point at which the responsibility of the foods transfers from shipper to buyer, or buyer becomes responsible for the shipment and shipping charges?	FOB	DOB	SPS	TBT
125	Remains of Pesticides and remain of veterinary drugs in the Food Products?	Microbial load	Heavy metal load	Residue	All of these

Eat Right Quiz - Question Bank No. 4

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
126	It includes the regulation of the quality of raw materials, assemblies, products and components; services related to production; and management, production, and inspection processes?	Quality Control	Risk assessment	Quality Assurance	Quality labeling
127	CEPC full form?	Cashew export promotion council of India	Export council of India	Common energy council	Coffee enrich product commission.
128	what means the homogenised product prepared from milk fat, non-fat-milk solids and water. Recombined milk shall be pasteurised and shall show a negative Phosphatase test?	Toned milk	Double toned milk	Full cream milk	Recombined milk
129	This system lays emphasis on the responsibility of the manufacturers or processors in ensuring consistency in quality during all stages of production by adopting quality control drills and exercising control on raw materials and bought-out components, manufacturing process, packing and final testing?	In-Process Quality Control (IPQC) System	Hazard analysis	Risk communication	None of these
130	Under the which system, each export consignment is inspected and tested by the EIAs?	In-Process Quality Control (IPQC) System	Consignment Wise Inspection (CWI) System	Risk communication	None of these
131	what are issued by the EIA on request, after satisfying itself that fish and fishery products are processed in an approved establishment/factory vessel having valid approval number and satisfying that the requirements of the standards are met?	Quality certificate	Lab report	Health certificate	None of these
132	Export Inspection Council of India (EIC) empowered to?	Notify commodities	Establish standards of quality	Specify the type of quality control and/or inspection	All of these
133	Export Inspection Agencies (EIAs), function under?	FSSAI	BIS	DADF	EIC
134	Three tier surveillance system is being followed by EIC?	Monitoring visits	Supervisory visit	Corporate Audits	All of these
135	Identify Pesticide residues?	BHC	Aldrin	Dialdrin	All of these
136	Identify Pesticide?	Chloramphenicol	Nitrofurans	Tetracycline	None of these
137	Heavy metals commonly tested in food?	Mercury	lead	Arsenic	All of these
138	Name of the food poisoning pathogen?	Salmonella	Listeria	Both A and B	None of these
139	Official confinement of regulated articles for observation and research or for further inspection, testing and or treatment?	Prohibition	Restriction	Quarantine	None of these
140	Any species, strain or biotype of plant, animal or pathogenic agent injurious to plants and plant products?	Pollutant	Pest	Contaminants	residue
141	MPEDA offers assistance (including financial assistance) to marine industry under plan schemes implemented?	Export production - Capture Fisheries	Export production - Culture Fisheries	Induction of New Technology and Modernisation of Processing Facilities	All of these
142	Spice Board has the provision of quality evaluation services under following schemes?	Technology upgradation	Quality upgradation	Research and product development	All of these
143	On the packages/labels of Infant food which one of the following declaration is not permitted ?	“Mother’s milk is best for your baby”	Feeding Chart with scope of feeding	To be taken under advice of a medical advice	Picture of a baby or mother or both

Eat Right Quiz - Question Bank No. 4

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
144	What means the Designated Officer appointed under section 36 (i) of the Act by the Commissioner of Food Safety of the state or by the Chief Executive Officer of the Food Safety and Standards Authority of India in his capacity of Food Safety Commissioner?	Licensing Authority	FSO	Food Analyst	CEO
145	Petty Food Manufacturer means any food manufacturer, who?	Production capacity of food (other than milk and milk products and meat and meat products) does not exceed 100 kg/ltr per day	procurement or handling and collection of milk is up to 500 litres of milk per day	Slaughtering capacity is 2 large animals or 10 small animals or 50 poultry birds per day or less.	All of these
146	Central License required if?	Food Business Operator operating in two or more states.	100 % Export Oriented Units.	Processing units equipped to handle or process more than 500 kg of meat per day or 150 MT per annum.	All of these
147	Registration is required if?	Production capacity of food (other than milk and milk products and meat and meat products) does not exceed 100 kg/ltr per day	Procurement or handling and collection of milk is up to 500 litres of milk per day	Slaughtering capacity is 2 large animals or 10 small animals or 50 poultry birds per day or less.	All of these
148	License may cancel if?	Display a true copy of the license granted in Form C shall at all time at a prominent place in the premises.	Give necessary access to Licensing Authorities or their authorized personnel to the premises	Inform Authorities about any change or modifications in activities /content of license.	None of these
149	What maintain sanitary and hygienic standards and worker's Hygiene to the category of food business?	FBO	DO	FSO	Food Analyst
150	Water required in manufacturing of product shall be?	Portable	Industrial grade	Food grade	Medical grade
151	Sanitary and hygienic requirements for street food vendors and units other than manufacturing or processing?	Vegetarian and non-vegetarian items should be segregated.	Potential sources of contamination like rubbish, waste water, toilet facilities, open drains and stray animals shall be avoided.	Eating, chewing, smoking, spitting and nose blowing shall be prohibited within the premises.	All of these
152	Sanitary and hygienic requirements for food manufacturer or processor or handler?	All equipments shall be placed well away from the walls to allow proper inspection.	There should be efficient drainage system and there shall be adequate provisions for disposal of refuse.	The workers working in processing and preparation shall use clean aprons, hand gloves, and head wears.	All of these
153	Schedule - 4 specified?	General Hygienic and Sanitary practices.	Product specification	Testing methods	Microbial requirement
154	what means Designated Officers appointed under Section 36(1) of the Act by the Food Safety Commissioner of a State or UT?	FSO	CEO	State Licensing Authority	State advocate
155	Among the following FBO, which one requires only registration?	Small Ice cream stall operating in local area	Export unit	FBO operating in 2 states	SMP Manufacturer of 10 MT kg.
156	In dairy manufacturing unit what qualification usually plant incharge/incharge of technical operation must have?	Graduate in electronic engineering	Graduate in law	Graduate in account	Graduate in dairy and allied subject.
157	A dairy plant located at one premises means?	Considered as single unit.	Considered as multiple unit if manufacturing many products.	Considered as multiple unit because it has different section, Production, distribution, procurement in same unit.	All of these

Eat Right Quiz - Question Bank No. 4

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
158	What is NABL?	Authority to grant laboratory accreditation as per ISO 17025.	Authority to grant BIS symbol	Authority to grant food license	Authority to grant MMPO
159	A consumer sent two packet of food sample in two different laboratories but he got different results. What could be the best technical reason for this?	It is not possible	Laboratory may be fraud	Because of associated variations in analysis, sampling or non representative sample and sample attribute.	None of these
160	Food sample tested at plant for coliform count was found within limit but when samples taken from market and tested for coliform count were found very high. What could be the reason for this?	It is not possible	Because of associated variations in analysis, sampling or non representative sample and sample attribute.	Storage temperature not maintain in supply chain	B and C
161	Consumer purchased packed food and after opening he found it contains white cottony structure on surface. What are these structures may be?	Bacteria	Mold	Protein globules	None of these
162	Why possibility of failure of QC sample is more compared to quality assurance (QA)?	QC is sample based approach and possibility of any production failure at any stage remains high to get unnoticed.	QC requires statically sampling which may be large for large lots and this is difficult to follow at commercial industries.	QA is the system based approach and it includes all component like procurement, production, distribution and testing and every individual has role to ensure quality.	All of these
163	what means the process of addition of hydrogen to an edible vegetable oil using a catalyst to produce a fat with semi-solid consistency?	Hydrogenation	Coagulation	Transmission	Pasteurization
164	Total urea content in the milk sample found 100 ppm on analysis?	Sample is adulterated and unsafe	Sample is adulterated but safe	Sample is not adulterated	Sample is marginally adulterated
165	what terms shall be taken to refer to the process of heating every particle of milk to at least 71.5°C and holding at such temperature continuously for at least 15 seconds?	Hydrogenation	Coagulation	Transmission	Pasteurization
166	what means oils produced from oilcakes or oilseeds or oil-bearing materials of plant origin and containing glycerides?	Vegetable oils	Milk fat	Animal fat	Fish oil
167	Dahi or curd is a?	Sterilized Fermented product	Sterilized coagulated product	Fermented product	Cheesy product.
168	Evaporated skimmed contain (m/m)?	Fat content not more than 1.0 percent	Protein Not less than 34.0 percent	Both A and B	None of these
169	what means the product obtained by partial removal of water from milk?	Curd	Lassi	Ghee	Milk Powder
170	Butyrefractrometer reading indicate?	Fat adulteration	Melamine adulteration	Aflatoxin adulteration	Histamine adulteration
171	A utensil or container made of the following materials or metals, when used in the preparation, packaging and storing of food shall be deemed to render it unfit for human consumption?	Containers which are rusty	Enameled containers which have become chipped and rusty	Copper or brass containers which are not properly tinned	All of these
172	Containers made of plastic materials should conform to the Indian Standards Specification, used as appliances or receptacles for packing or storing whether partly or wholly, food articles namely?	IS : 10146 (Specification for Polyethylene in contact with foodstuffs)	IS : 10142 (Specification for Styrene Polymers in contact with foodstuffs)	IS : 10151 (Specification for Polyvinyl Chloride (PVC), in contact with foodstuffs)	All of these
173	Baudouin test used to check adulteration of?	Honey	Ghee	Egg products	Meat products

Eat Right Quiz - Question Bank No. 4

No.	Question	Answers 1	Answers 2	Answers 3	Answers 4
174	Nutritional Information or nutritional facts per 100 gm or 100 ml or per serving of the product shall be given on the label containing the following?	Energy	Fat	Carbohydrate	All of these
175	energy value is calculated in?	Joule	Kcal	Pascal	Ohm
176	Recommended daily intakes of a nutrient for healthy people called?	RDAs	BMR	Daily dose	None of these
177	What shall be declared on every package of food?	Gross quantity	Net quantity	Approximate quantity	None of these
178	what means any substance not intentionally added to food, but which gets added to articles of food in the process of their production manufacture, processing, preparation, treatment, packing, packaging transport or holding of articles of such food as a result of environmental contamination?	Storage contaminants	Production contaminants	Crop contaminant	Quality contaminants
179	India has lifted ban from import of milk products from china on?	15th August, 2011	26th January.2011	02nd October 2011	Yet not lifted
180	Drug resistances many are induce by consuming food mainly containing high?	Antibiotics	Pesticide	Heavy metals	None of these
181	Pesticides are causative agent of?	Goiter	Diabetes	TB	Cancer
182	LCMS-MS used for analysis of?	Antibiotics	Pesticide	Both A and B	None of these
183	Microscopic organism is?	Earthworm	Yeast	Flatworms	Tape worms
184	FBOs can apply for license through?	Online mode	Hard copy to authority	Both A and B	Not required license to start business
185	Full Cream Milk contains?	3% fat	6 % fat	4.5 % fat	1.5 % fat
186	In relation to FBO, In house laboratory means?	FBO own laboratory	Consumer laboratory	Independent third party	All of these
187	BIS, AOAC, APHA testing standards are?	Reference methods	In house methods	Non validated methods	Secondary methods
188	Mid day meal scheme covers under?	BIS	FSS Act	APEDA	EIC
189	Mandatory standard for the sale of food products to fulfill in India.	BIS	APEDA	DADF	FSS Act
190	Action to eliminate the cause of a detected nonconformity.	Corrective action	Preventive action	Correction	None of these
191	Action to eliminate the cause of a potential nonconformity.	Corrective action	Preventive action	Correction	None of these
192	Which reagent is used to detect presence of starch in milk/ milk products?	Iodine solution	Sulphuric acid	Alcohol	Hydrochloric acid

Eat Right Quiz 04 - Answer Sheet				
Question No.	Answer		Question No.	Answer
1	1		51	3
2	2		52	3
3	3		53	3
4	2		54	2
5	4		55	4
6	1		56	3
7	1		57	1
8	1		58	1
9	2		59	4
10	2		60	3
11	2		61	2
12	3		62	2
13	1		63	3
14	1		64	1
15	1		65	3
16	4		66	1
17	4		67	1
18	1		68	4
19	4		69	4
20	4		70	4
21	4		71	1
22	4		72	2
23	1		73	4
24	1		74	4
25	1		75	4
26	1		76	2
27	2		77	2
28	2		78	4
29	1		79	2
30	1		80	3
31	3		81	4
32	4		82	4
33	3		83	2
34	1		84	1
35	2		85	4
36	1		86	2
37	4		87	2
38	4		88	2
39	4		89	1
40	3		90	1
41	1		91	4
42	4		92	4
43	1		93	4
44	1		94	4
45	3		95	2
46	2		96	2
47	3		97	3
48	3		98	4
49	2		99	1
50	4		100	1

Eat Right Quiz 04 - Answer Sheet

Question No.	Answer		Question No.	Answer
101	2		147	4
102	3		148	4
103	1		149	1
104	2		150	1
105	2		151	4
106	1		152	4
107	1		153	1
108	3		154	3
109	3		155	1
110	1		156	4
111	2		157	1
112	1		158	2
113	2		159	3
114	4		160	4
115	3		161	2
116	3		162	4
117	1		163	1
118	2		164	3
119	1		165	4
120	1		166	1
121	2		167	3
122	4		168	3
123	3		169	4
124	1		170	1
125	3		171	4
126	3		172	4
127	1		173	2
128	2		174	4
129	1		175	2
130	2		176	1
131	3		177	2
132	1		178	3
133	4		179	4
134	4		180	1
135	4		181	4
136	4		182	3
137	4		183	2
138	3		184	3
139	3		185	2
140	2		186	1
141	4		187	1
142	4		188	2
143	4		189	4
144	1		190	1
145	4		191	2
146	4		192	1