

National Milk Day Quiz Competition

Question Bank

1. Abhay left home with 2 litres of milk. He drank 500 mL on the way and added pond water to make it 2 litres again. Which test will detect this adulteration at the dairy society?

- A) Freezing Point Depression
- B) Nitrate Test
- C) Hydrometer
- D) All of the Above

Correct Answer: C) Hydrometer

2. Which of the following phenomena reliably indicates milk adulteration?

- I. Lipolysis
- II. Protein denaturation
- III. Freezing point depression

- A) I and II only
- B) I and III only
- C) III only
- D) None of above

Correct Answer: C) III only

3. India contributes what proportion to the global milk pool (FY 2023–24)?

- A) About one-tenth
- B) Roughly one-fourth
- C) Nearly two-fifths
- D) Almost three-fifths

Correct Answer: B) Roughly one-fourth

4. India's per capita milk availability in 2023–24 was:

- A) ~350 g/day
- B) ~471 g/day
- C) ~600 g/day
- D) ~800 g/day

Correct Answer: B) ~471 g/day

5. Choose the correct set:

- I. NDDB was established in 1965.
 - II. First Chairman of NDDB was Dr. Verghese Kurien.
 - III. Current Chairman is Dr. Minesh Shah.
- A) I and II only
 - B) II and III only
 - C) I and III only
 - D) I, II and III

Correct Answer: D) I, II and III

6. The special milk produced right after calving, rich in antibodies, is called:

- A) Whole milk
- B) Colostrum
- C) Transitional milk
- D) Foremilk

Correct Answer: B) Colostrum

7. Milk and milk products are the best natural source of:

- A) Vitamin C
- B) Iron
- C) Calcium
- D) Dietary fiber

Correct Answer: C) Calcium

8. According to FSSAI, sodium content in milk must not exceed:

- A) 600 mg/100 g SNF
- B) 650 mg/100 g SNF
- C) 700 mg/100 g SNF
- D) 750 mg/100 g SNF

Correct Answer: B) 650 mg/100 g SNF

9. Amul, with CFTRI support, first produced baby food and milk powder from buffalo milk in:

- A) 1964–65
- B) 1971–72
- C) 1980–81
- D) 1960–61

Correct Answer: D) 1960–61

10. Lactose intolerance means:

- A) Allergy to milk proteins
- B) Inability to digest milk sugar
- C) Lack of calcium
- D) Overproduction of milk

Correct Answer: B) Inability to digest milk sugar

11. Chhena Poda is a traditional sweet from:

- A) West Bengal
- B) Odisha
- C) Bihar
- D) Assam

Correct Answer: B) Odisha

12. Which scheme focuses on strengthening milk processing and chilling infrastructure?

- A) Rashtriya Gokul Mission
- B) National Programme for Dairy Development (NPDD)
- C) Dairy Entrepreneurship Development Scheme
- D) All of the above

Correct Answer: B) NPDD

13. World Milk Day 2025 theme is:

- A) Dairy for a Healthy Future
- B) Nourishing the Planet with Milk
- C) Let's Celebrate the Power of Dairy
- D) Sustainable Dairy for All

Correct Answer: C) Let's Celebrate the Power of Dairy

14. Minimum fat and SNF required in cow milk (FSSAI):

- A) Fat 3.5%, SNF 8.5%
- B) Fat 3.2%, SNF 8.3%
- C) Fat 4.5%, SNF 8.5%
- D) Fat 3.0%, SNF 8.0%

Correct Answer: B) Fat 3.2%, SNF 8.3%

15. Process used to remove bacterial spores in milk:

- A) Pasteurization
- B) Bactofugation
- C) Microfiltration
- D) Both B and C

Correct Answer: D) Both B and C

16. First successful cream separator was built in:

- A) 1865, Gustaf de Laval
- B) 1878, Gustaf de Laval
- C) 1890, Gustaf de Laval
- D) 1901, Johan Lindquist

Correct Answer: B) 1878, Gustaf de Laval

17. Koestler number in milk analysis:

- i. Ratio of % chloride to % lactose
 - ii. <2 = normal milk
 - iii. >3 = abnormal milk
- A) Only i true
 - B) i and ii true
 - C) ii and iii true
 - D) All (i, ii, iii) are true

Correct Answer: D) All (i, ii, iii)

18. Largest milk-producing Indian state:

- A) Rajasthan
- B) Gujarat
- C) Uttar Pradesh
- D) Madhya Pradesh

Correct Answer: C) Uttar Pradesh

19. "Milkman of India":

- A) M.S. Swaminathan
- B) Dr. Kurien Menon
- C) Dr. Verghese Kurien
- D) Tribhuvandas Patel

Correct Answer: C) Dr. Verghese Kurien

20. Current Union Minister of Fisheries, Animal Husbandry & Dairying:

- A) Giriraj Singh
- B) Verghese Kurien
- C) Parshottam Rupala
- D) Rajiv Ranjan Singh

Correct Answer: D) Rajiv Ranjan Singh

21. Top-ranking cooperative in ICA World Cooperative Monitor 2025:

- A) Fonterra
- B) IFFCO
- C) Amul
- D) Mondragon

Correct Answer: C) Amul

22. Principal flavour compound in ripened cream butter due to citric acid metabolism:

- A) Acetoin
- B) Diacetyl
- C) Butyric acid
- D) Acetic acid

Correct Answer: B) Diacetyl

23. Cause of bitty cream defect:

- I. Hydrolysis of phospholipids
 - II. Due to Clostridia
 - III. Hydrolysis of protein
- A) Only I
 - B) Only II
 - C) Only III
 - D) All of the above

Correct Answer: A) Only I

24. Paneer yield from 10 litres of cow milk (traditional method):

- A) 1.0 kg
- B) 1.8 kg
- C) 2.8 kg
- D) 4.2 kg

Correct Answer: B) 1.8 kg

25. UHT plant observing fat clusters after homogenization — what to correct?

- A) Homogenizer upstream
- B) Homogenizer downstream
- C) Do not use homogenizer
- D) None

Correct Answer: B) Homogenizer downstream

26. Which traditional dairy product recently got GI tag?

- A) Lassi
- B) Chhena Podo
- C) Gulabjamun
- D) Lal Peda

Correct Answer: D) Lal Peda

27. National Milk Day first celebrated in:

- A) 2010
- B) 2012
- C) 2014
- D) 2016

Correct Answer: C) 2014

28. NDDB started in:

- A) 1946
- B) 1965
- C) 1969
- D) 1975

Correct Answer: B) 1965

29. White Revolution 2.0 launched in:

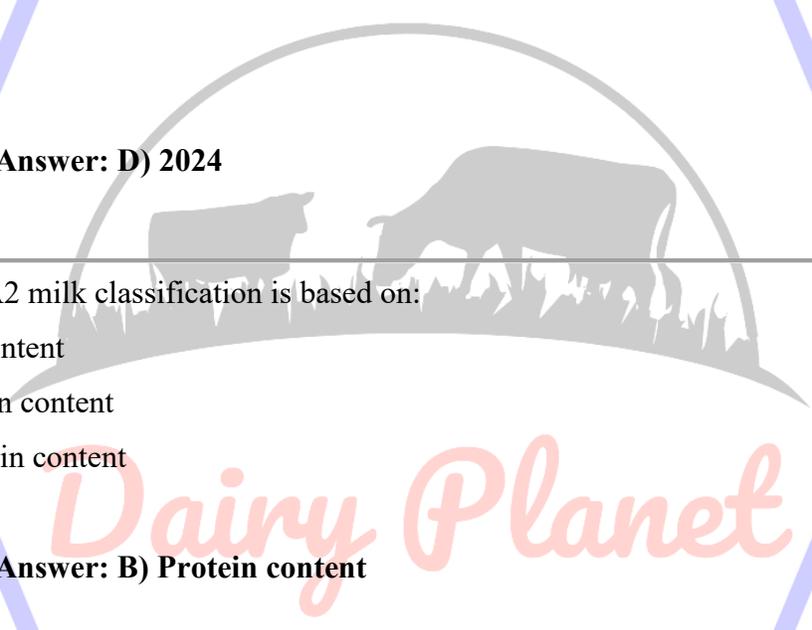
- A) 2021
- B) 2022
- C) 2023
- D) 2024

Correct Answer: D) 2024

30. A1 and A2 milk classification is based on:

- A) Fat content
- B) Protein content
- C) Vitamin content
- D) None

Correct Answer: B) Protein content



Dairy Planet

National Milk Day Quiz Answers with Explanations

1. Which test detects adulteration when Abhay adds pond water to milk?

Correct Answer: C) Hydrometer

Explanation:

A hydrometer measures milk's density. When water is added, the density decreases, making the hydrometer reading a clear indicator of dilution.

2. Which parameter is a reliable indicator of milk adulteration?

Correct Answer: C) III only (Freezing point depression)

Explanation:

Adding water raises the freezing point of milk (toward 0°C). Natural milk has a freezing point of -0.53°C. So FPD is the most reliable fraud-detection method.

3. India's global contribution to milk pool?

Correct Answer: B) Roughly one-fourth

Explanation:

India produces about **25%** of the world's milk — the highest globally.

4. Per capita milk availability in India (2023–24)

Correct Answer: B) ~471 g/day

Explanation:

Government data (DAHD/PIB) states **471 g** per person per day.

5. Correct statements about NDDB:

Correct Answer: D) I, II and III

Explanation:

- NDDB → established in **1965**
- First Chairman → **Dr. Verghese Kurien**
- Current Chairman → **Dr. Minesh Shah**

6. Special milk right after calving:

Correct Answer: B) Colostrum

Explanation:

Colostrum contains **antibodies, immunoglobulins, fat, and protein**, essential for calf immunity.

7. Milk is the best natural source of:

Correct Answer: C) Calcium

Explanation:

Milk provides **bioavailable calcium**, essential for bones and teeth.

8. FSSAI-specified maximum sodium in milk (per 100 g SNF):

Correct Answer: B) 650 mg

Explanation:

Sodium in SNF (solids-not-fat) must **not exceed 650 mg** as per FSSAI.

9. Amul produced baby food from buffalo milk (with CFTRI) in:

Correct Answer: D) 1960–61

Explanation:

Amul was the **first in the world** to successfully convert buffalo milk into baby food and milk powder.

10. Lactose intolerance is:

Correct Answer: B) Inability to digest milk sugar

Explanation:

Due to **lactase enzyme deficiency**, lactose cannot be digested → gas, bloating.

11. Chhena Poda originates from:

Correct Answer: B) Odisha

Explanation:

Known as “**Baked cheese dessert**”, Odisha’s signature sweet.

12. Scheme strengthening processing & chilling:

Correct Answer: B) NPDD

Explanation:

National Programme for Dairy Development focuses on **milk procurement, chilling, processing, and infrastructure**.

13. Theme for World Milk Day 2025:

Correct Answer: C) Let's Celebrate the Power of Dairy

Explanation:

FAO 2025 theme highlights dairy's role in nutrition and economy.

14. Cow milk minimum standard (FSSAI):

Correct Answer: B) Fat 3.2%, SNF 8.3%

Explanation:

FSSAI's minimum levels for cow milk across India.

15. Process to remove bacterial spores:

Correct Answer: D) Both B and C

Explanation:

- **Bactofugation** → centrifugal removal of spores
- **Microfiltration** → membrane removal

Useful in cheese & UHT milk processing.

16. First successful cream separator invented in:

Correct Answer: B) 1878 by Gustaf de Laval

Explanation:

His centrifugal separator revolutionized dairy processing.

17. Koestler number facts:

Correct Answer: D) All statements are true

Explanation:

- Ratio: % chloride / % lactose
- <2 → normal
- 3 → adulteration or mastitis suspicion

18. Highest milk-producing state:

Correct Answer: C) Uttar Pradesh

Explanation:

UP consistently ranks No. 1 in national milk output.

19. "Milkman of India":

Correct Answer: C) Dr. Verghese Kurien

Explanation:

Architect of **Operation Flood**, creator of India's milk revolution.

20. Current Union Minister of Fisheries, Animal Husbandry & Dairying:

Correct Answer: D) Rajiv Ranjan Singh

Explanation:

He assumed office in 2024.

21. Cooperative topping ICA World Cooperative Monitor 2025:

Correct Answer: C) Amul

Explanation:

Amul ranked highest for **GDP per capita value generated per member**.

22. Principal flavour in ripened cream butter (from citric acid):

Correct Answer: B) Diacetyl

Explanation:

Diacetyl gives the **buttery aroma** in cultured butter & fermented cream.

23. Cause of bitty cream defect:

Correct Answer: A) Only I is true

Explanation:

Bitter/bitty cream arises from **hydrolysis of phospholipids** in milk fat globule membranes.

24. Paneer yield from 10 L cow milk:

Correct Answer: B) 1.8 kg

Explanation:

Cow milk gives **17–20%** yield → approx. 1.6–2.0 kg paneer.

25. UHT plant defect (fat agglomerates) – correction:

Correct Answer: B) Homogenizer downstream

Explanation:

In UHT milk, homogenization **after heating** prevents fat clustering and creaming defects.

26. Traditional dairy product with recent GI tag:

Correct Answer: D) Lal Pedra

Explanation:

Lal Pedra (Uttar Pradesh) recently received its Geographical Indication tag.

27. National Milk Day first celebrated in:

Correct Answer: C) 2014

Explanation:

In honor of Dr. Verghese Kurien's birth anniversary (26 November).

28. NDDB started in:

Correct Answer: B) 1965

Explanation:

Founded to support the dairy revolution and cooperative movement.

29. White Revolution 2.0 launched in:

Correct Answer: D) 2024

Explanation:

Launched by the Ministry of Cooperation to boost dairy cooperatives and sustainability.

30. A1 vs. A2 milk classification is based on:

Correct Answer: B) Type of protein content

Explanation:

A1 milk → A1 β -casein A2 milk → A2 β -casein Based on **genetic variant of milk protein.**