

Higher Secondary Second year

Nutrition and Dietetics

Model Question Paper - 2

Time : 2.30 Hours

Marks : 70

Part – A

I. Answer all the questions

15 x 1 = 15

1. During pregnancy, the increases in extra cellular fluid increase _____ requirement.
a) Iron b) Sodium c) glucose d) Vitamin - B
2. Colostrum contains _____ like substances which has strong anti viral properties.
a) Per oxidase b) lysozyme c) interferon d) Prolactin
3. We should meet one third of the day's nutritional requirements through.
a) Breakfast b) Packed lunch c) Mid – morning food d) Evening Snacks
4. Dental cavities, swollen cheeks, fatigue and weakness due to malnutrition are the consequences of _____.
a) Bulimia nervosa b) Anaemia c) obesity d) Dieting
5. The ICMR recommendation for protein per Kg of body weight is _____ for adult man.
a) 20 gms/day b) 60 gms/day c) 40 gms/day d) 50 gms/day.
6. Stress, lack of exercise, low fiber diet, insufficient fluid intake result in _____.
a) Diabetes mellitus b) Malnutrition c) Obesity d) Constipation
7. _____ is needed to promote healing of the tuberculosis lesions.
a) Iron b) Lipid c) Calcium d) ascorbic acid
8. Mortality rate increases with increasing _____ of an individual.

- a) Body mass index b) Obesity c) infection d) malnutrition
9. _____ is necessary for normal muscle tone of G.I.
- a) Zinc b) Potassium c) phosphorous d) Folate
10. It occurs after years of excessive alcohol intake in individuals whose diets are deficient in nutrients.
- a) Constipation b) Fever c) Kidney failure d) Cirrhosis of liver
11. _____ patients should avoid fasting and feasting.
- a) Fever b) Diabetes mellitus c) Jaundice d) hypertension
12. The most common cause of glomerulonephritis is _____ infection.
- a) Streptococcal b) Rota virus c) shigella d) tuberculosis
13. It refers to the tight, pressing burning and severe pain across the chest.
- a) Trauma b) Gastric ulcers c) gall bladder stones d) Angina pectoris
14. Many people who have no teeth require a _____ .
- a) Fluid diet b) clear fluid diet c) soft diet d) Normal diet
15. The primary problem among children in India is
- a) Night blindness b) Low I.Q. c) Fever d) behavioural problem

Part - B

6 x 2 = 12

Answer any 6 questions in which questions no:16 is compulsory

16. How will you achieve nutritional adequacy for your family?
17. The iron requirement during lactation is the same as that of a normal adult woman. Give reasons.
18. Give the reasons for artificial feeding of infants.
19. List the various environmental factors that aggravate the dietary deficiencies among pre-schoolers.

20. Iron needs are more for adolescents. Explain.
21. What are the causes for diarrhoea?
22. Write the symptoms of viral hepatitis.
23. Write short notes on ketoacidosis.
24. Body mass index for various categories are given below. Calculate the BMI for an adult whose ht 163 cms and wt-83 kgs.

normal - 20-24.9

overweight - 25-29.9

obese - 30-39

Part - C

Answer any 6 questions in which question no 25. is compulsory.

6 x 3 = 18

25. Low birth weight babies and neonatal mortality are closely associated. List the causes.
26. The school lunch programme is an important function of the school. Write the objectives of MDMP.
27. Write one day menu for an adult woman doing sedentary work.
28. Write a short notes on psychological changes that occur during old age.
29. Enteral feeding is more advantageous than parenteral feeding Give reasons.
30. Write the diet principles for Typhoid fever. List any 4 foods to be prescribed for a patient?.
31. Explain the terms polydipsia, polyphagia, polyuria, glycosuria and hyperglycemia. Mention the disease with has three symptoms
32. You are attending a glomerulo nephritis patient. Suggest six foods for salt restricted diet.
33. Write the importance of diet counselling and patient education.

Part – D

Answer all the Questions

5 x 5 = 25

34. Explain the need of additional energy and protein requirement during pregnancy.

or

Colostrum is good for infants Discuss

35. List the symptoms of anaemia and suggest 6 food rich in iron.

or

Explain the change in eating habits among adolescents. Suggest remedial measures to overcome malnutrition.

36. Explain the causes of obesity among adults. Prescribes a meal pattern for obese adult to control over eating.

or

How will you modify a normal diet into a therapeutic diet. List the routine hospital diets.

37. Explain the preventive measures for diarrhoea.

or

Explain the agents which cause damage to the liver.

38. Explain- glycaemic index and food exchange list

or

Write a note on the dietary management for atherosclerosis.