# Higher Secondary Second year

## **Nutrition and Dietetics**

## Model Question Paper - 1

Time : 2.30 Hours				MARKS : 70	
Part – A					
Answer all the questions				15 x 1	
1.	A balanced diet should providecalories from carbohydrates.				
	a) 10 - 20 %	b) 20 - 25 %	c) 60 - 70 %	d) 15 - 25 %	
2.	relaxes uterine muscles to expand to accommodate the growing foetus.				
	a) Prolactin b	) Progesterone	c) Estrogen	d) Oxytocin	
<b>3</b> produce antiviral substances like interferon.					
	a) Lymphocytes	b) Macrophages	c) Lactoferrin	d) Enzymes	
4.	Vitamin A deficiency is exhibited as in 3 percent of preschool children.				
	a) Xerophthalmic	b) Pale skin	c) Dysphagia	d) Bitot's Spots	
5.	Years is called the "Iull Before the storm".				
	a) 1 - 16 years	b) 6 - 12 years	c) 6 - 14 years	d) 6 - years	
6.	diabetes is more prevalent among adults.				
	a) Type I	b) Type II	c) Type III	d) All the Above	
7.	Osteoporosis is mostly occurs for whom?				
	a) Adolescence	b) Adult	c) Old age	d) Women	
8.	Which component	will you suggest in y	our friend to take food	behavior modification?	

b) Emotional setting c) physical state d) Appreciation

9.	Conversion of Glycogen to glucose is called				
	a) Gluconeogenesis b) Protein				
	metabolism c) Mineral metabolism d) Glycogenolysis				
10.	High blood pressure increases the incidence of				
	a) Diabetes Mellitus b) Physical inactivity c) fever d) Stroke				
11.	Diet Counsellor does not express approval or disapproval till data gathering is				
	complete.				
	a) Above statement is True b) Above statement is False				
	c) According to situation d) Both a & c is correct				
12.	Can be used as a tool to teach menu planning and food services				
	management.				
	a) Multimedia b) Website c) Computer d) All the above				
13.	LDL carries from the liver to the periphery of body.				
	a) Cholesterol b) Water c) alcohol d) sugar				
14.	Megaloblastic anaemia due to deficiency results in intensified nausea, vomiting and anorexia				
	a) Iodine b) Zinc c) Vitamin - A d) Folate				
15.	Ascorbic acid is also known as				
	a) Vitamin A b) Vitamin K c) ) Vitamin C d) ) Vitamin E				

### Part – B

# Answer any six questions in which question no. 16 is compulsory $6 \ge 2 = 12$ 16. What is the effect of malnutrition on placenta? 17. The expenditure on food is an important part of family budget. Give four reasons. 18. Write short on the various deficiency diseases prevalent among pre schoolers? What is meant by "Anorexia Nervosa"? 19. 20. List the causes of fever? 21. Write a short note on Weanling Diarrhoea. Which disease needs Benedict's Test. Define. 22. 23. **Define Dialysis** 24. List 3 duties of a dietitian.

## Part – C

#### Answer any six Questions in which Question no.25 is compulsory $6 \times 3 = 18$

- 25. Define a balanced diet. What are the requirements of a balanced diet?
- Write a short note on PIH. 26.
- 27. How will you explain the advantages of breast feeding to your relatives?
- 28. What are the causes of Anaemia?
- 29. The Process of aging is associated with various changes occur. Explain.

- 30. What are the signs of dehydration? Write about the pinch test.
- 31. What are the agents which cause Liver Damage?
- 32. HDL Vs LDL Discuss.
- 33. Explain dietary management for diabetes mellitus.

#### Part – D Answer all the Questions

 $5 \ge 5 = 25$ 

- 34. Write any 3 problems during pregnancy. Give the remedial measures. (or)What are the types of supplementary foods? Explain any one of them.
- 35. On what basis the energy, protein and fat requirements of adults arrived at?

(or) Discuss the nutritional requirement during old age?

36. List the symptoms of Typhoid. Plan a one day menu for typhoid fever.

(or)

Define Underweight. Explain the causes and remedial measures of underweight.

37. Explain ORT.

(or)

Explain the relationship between obesity and Diabetes mellitus.

38. Write a note the dietary management for Hypertension.

(or)

What is Artificial intelligence? Explain.