

Higher Secondary Second year

**Nutrition and Dietetics**

**Model Question Paper - III**

Time : 2.30 Hours

Marks : 70

Part – A

**I. Answer all the questions**

**15 x 1 = 15**

1. The types of activity determine the \_\_\_\_\_ requirements.  
a) Vitamin C                      b) Minerals                      c) Energy                      d) Protein
2. The amount of calcium deposited in the full grown foetus is around \_\_\_\_\_ mg.  
a) 30                                  b) 25                                  c) 40                                  d) 8
3. Infants who are exclusively breast feed for the first \_\_\_\_\_ months of exhibits an excellent growth.  
a) 3-4                                  b) 4-5                                  c) 4-6                                  d) 10-12
4. The age from \_\_\_\_\_ years is being called the "Lull before storm"  
a) 8-12                                  b) 6-12                                  c) 12-18                                  d) 8-18
5. \_\_\_\_\_ on adolescents influence their eating habits.  
a) Teachers advice                  b) Psychological stresses                  c) Peer influence                  d) Parental care
6. Absorption of calcium from the diet is facilitated by \_\_\_\_\_  
a) Vitamin A                      b) Vitamin B                      c) Vitamin C                      d) Vitamin D
7. \_\_\_\_\_ is characterized by decreasing bone mass and density.  
a) Anemia                      b) Osteoporosis                      c) Paralysis                      d) Obesity
8. \_\_\_\_\_ is a temporary diet of a clear liquids without residue.

- a) full fluid diet      b) semi solid diet      c) clear liquid diet      d) soft diet
9. Due to high temperature and tissue destruction is the caloric requirement may be increased as much as 50 percent in the disease \_\_\_\_\_
- a) Stroke                  b) Fever                  c) Obesity      d) constipation.
10. High fibre diets are low in \_\_\_\_\_
- a) Protein                  b) Vitamin A                  c) Calorie                  d) Iron
11. The entire \_\_\_\_\_ functions as one organ during swallowing.
- a) Stomach                  b) Esophagus                  c) Small intestine                  d) large intestine.
12. Improperly sterilized needles used in blood transfusion can transmit \_\_\_\_\_ Virus
- a) Vibrio cholerae      b) Hepatitis - B      c) Helicobacter pylori      d) Shigella
13. Diabetes developed during pregnancy is described as \_\_\_\_\_ diabetes
- a) Type I      b) Type II      c) Gestational      d) Secondary
14. \_\_\_\_\_ brings cholesterol from the tissues back to the liver for safe disposal.
- a) HDL                  b) LDL                  c) VLDL                  d) Chylomicron
15. The Indian Dietetic Association was founded in the year \_\_\_\_\_
- a) 1968                  b) 1986                  c) 1947                  d) 1963

Part – B

6 x 2 = 12

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

16. What is meant by growth monitoring?
17. Write short notes on Pica.
18. Write about vitamin A deficiency diseases. Prescribe remedial measures for it.
19. Packed lunch should be different from that tiffin prepared for breakfast. Give reasons.
20. List any four indications for tube feeding.

21. Your sister's body mass index is 35 Grade the obesity level and explain the complications due to obesity.
22. List 8 foods to be included and avoided in peptic ulcer.
23. How does food exchange list help in planning diet for a diabetic patient.
24. Explain uremia and azotemia

Part - C

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

**6 x 3 = 18**

25. Explain the non - modifiable risk factors of cardio vascular diseases.
26. Explain the duties of general dietitian.
27. For a moderate activity men and women the portion size of cereal and pulses are 30. The no. of portion are 16 and 3, 12 and 2:50 accordingly. Calculate the food requirements for cereals and pulses.
28. Explain the ill effects of consuming alcohol and tobacco during pregnancy.
29. What is the need of developing good food habits during pre school age.
30. Write notes on Elemental foods.
31. How do eating habits and physical activity contribute to obesity?
32. What is meant by glyceamic index? How will you measure the glyceamic index of food?
33. List symptoms of chronic renal failure.

Part - D

Answer all the Questions

**5 x 5 = 25**

34. Write the dietary management for cholecystitis and cholelithiasis.

or

What are functional foods? Plan a day's menu using functional foods.

35. Explain the aims and objectives of IDA.

or

What are the symptoms of Malaria. Plan a day's menu for a malaria patient.

36. Write about the acute complications of diabetes mellitus.

or

Your grandfather's age is 65 Give suggestions for him to modify the diet to suit the needs.

37. Define Galactogogus. Explain how Hormones / control of Lactation

or

Explain the Immunological factors present in the Breast milk.

38. List out the Eating disorders common among adolescents. Give the remedial measures.

or

Plan a one day menu for Pre-school children.