

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

= 15

1. A balanced diet should provide \_\_\_\_\_ calories 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
  
3. \_\_\_\_\_ 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 "lull 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 your friend to take food behavior modification?



**Part – B**

**Answer any six questions in which question no. 16 is compulsory**

**6 x 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?
19. What is meant by "Anorexia Nervosa"?
20. List the causes of fever?
21. Write a short note on Weanling Diarrhoea.
22. Which disease needs Benedict's Test. Define.
23. Define Dialysis
24. List 3 duties of a dietitian.

**Part – C**

**Answer any six Questions in which Question no.25 is compulsory**

**6 x 3 = 18**

25. Define a balanced diet. What are the requirements of a balanced diet?
26. Write a short note on PIH.
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 x 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.