

FOOD AND NUTRITION

UNIT1

2 Marks

1. Define nutrition with its types?
2. What is a macronutrient? Why are some nutrients essential and others not?
3. Differentiate Essential and Non Essential nutrient?
4. Describe the role of nutrition agencies?
5. Write a note on Conditional essentiality.
6. Write a note on glycogen.
7. What are proteins?
8. Write a note on vitamins
9. Write a note on dietary lipids.
10. Define Food with suitable examples?
11. Describe the functions of food.
12. Mineral salts are required by our body in a very little amount, but are Inessential for our growth and health. Justify.
13. What are the food sources of Iron, Calcium and Iodine.
14. Deficiency symptoms of Vitamin D in human beings
15. Sources of iron and Iodine rich foods
16. Specific dynamic action of food
17. Functions of Vitamin C
18. What is Community nutrition
19. What is nutrient utilization?
20. Brief about food plan?
21. Define the term Nutrition and calorie?
22. Define vitamins and minerals with examples?
23. Role of Water in food chart and blood?
24. Types of lipids and their role in diet?
25. Mention two advantages of making a food plan malnutrition with example

6 Marks

1. Give two food sources and three functions each of the following nutrients:
(a) Vit A (b) Vit B2 (c) Vit C
2. How nutrients are metabolized? Explain
3. Signify the role of calcium and iron in the body.
4. Write about the classification of Proteins?
5. What are Minerals ? Discuss about the major and minor Minerals.
6. Name the B-Complex Vitamins. Briefly state the sources and functions of each these Vitamins.
7. What is the importance of calcium, iron and phosphorus in our body ?
8. Differentiate between the different types of Carbohydrates with examples.
9. Signify the role of dietary fibre in our diet.
10. Write a note on nutritional agencies
11. Theory and definition

10 Marks

1. Write a detailed notes classification of nutrients?
2. How would you classify carbohydrates? Explain giving examples of each. What are effects of deficiency and excess of carbohydrates in diet?
3. Functions of the various nutrients in body
4. Classify lipids with suitable examples.
5. Classify vitamins and explain the functions and sources of Vitamin D and C.
6. Define the terms fats and fatty acids. Explain the types of fatty acids and give the functions of fats.
7. How water balance is maintained in the body? Give the functions of water
8. Define the term cholesterol. Give the sources and functions of cholesterol. Why they need to be maintained?
9. Describe the composition, sources and functions of protein.
10. What are Vitamins ? Classify Vitamins and show their significance in our diet
11. Discuss about nutritional policies and their implementation
12. Write an essay on Sports nutrition?
13. Comparative requirements and nutritional requirement of different age groups

UNIT 2

2marks

1. What is Dehydration?
2. What is "Energy balance"?
3. What is Rehydration?
4. What is BMR?
5. What is water balance?
6. Define Calorie
7. What is the role of the hypothalamus in maintaining water balance in the body?
8. What organs in the body help you maintain a water balance?
9. What is meant by the term fluid balance?
10. How does ADH affect the kidneys?
11. What are the four ways that the body loses water?
12. What is positive and negative fluid balance?
13. What are the main components of energy balance?
14. What requires energy expenditure?
15. What is meant by the energy balance equation?
16. What is energy expenditure?
17. What is the thermic effect of food?
18. What is the definition of physical activity?
19. What are the Factors that influence basal metabolic rate?
20. 'Slow metabolism' causing weight gain.-Justify

6 Marks

1. Write a note on basal metabolism
2. Write a note on water intoxication.
3. Brief on factors affecting BMR
4. Discuss energy balance equation and BMR
5. Write a note on water intake and losses
6. Describe various organs involved in water balance
7. Write a note on dehydration
8. Write a note on BSA
9. Write a note on water in diet
10. Excess energy in humans-Discuss

10 Marks

1. Briefly explain the role of water in our body.
2. Discuss physical activity and energy balance?
3. What is BMR and explain the factors affecting it.
4. Define Energy. Discuss the various factors affecting energy requirements.
5. What are the health hazards associated with water balance?
6. Water balance is important for maintaining good health. Discuss.
7. Define invisible source of water. How water balance is maintained in the body?
8. Define energy and discuss the factors affecting energy requirements.
9. What are the health hazards associated with energy balance?
10. Explain BMR as part of energy metabolism and the factors affecting them.

UNIT - III

2 Marks

1. Which type of food forms the 'staple' food of mankind. Why ?
2. Discuss about the sources of Carbohydrates in an Indian diet.
3. What is a balanced diet?
4. Why fat is considered as a useful constituent of our daily diet ?
5. Define and classify proteins. Suggest methods to improve their quality.
6. What is RDA?
7. What is called an eating disorder?
8. RDA of Energy for different age groups?
9. What is Night eating syndrome?
10. What is geriatrics?
11. Define diet formulation
12. Define diet disorder

6marks

1. Define balance diet and list the importance of it.

10marks

2. Balance diet is essential for well being. Define and discuss the factors responsible for making a balanced diet.
3. Nutritive value of food gets reduced by certain faulty practices. Suggest procedures to improve nutritive value of foods.
4. Suggest methods to improve quality of protein for a sports person.
5. Discuss the importance of food in maintaining good health.
6. Explain factors affecting meal plan.
7. Explain the concept of RDA and the factors that influence it.
8. Classify menu planning according to three food group system and discuss any five factors affecting meal planning.
9. "Balanced diet is important to live a healthy life". How far do you agree with this statement?
10. What is balanced diet? Classify foods into various groups.
11. How do you benefit by eating :
(a) eggs (b) Fresh fruits (c) Milk (d) Vegetables

UNIT 4

2 Marks

1. Define malnutrition.
2. What are the Symptoms and Signs of Malnutrition?
3. What are the Complications of Malnutrition?
4. Is malnutrition a disease?
5. Is obesity a form of malnutrition?
6. Define over nutrition
7. What does undernutrition lead to?
8. What is chronic undernutrition?
9. What are the effects of malnutrition on the body?
10. What are the causes of malnutrition?
11. What is its effect of overnutrition on the body?
12. What are the causes of overnutrition?
13. What is the difference between undernutrition and overnutrition?
14. Give the types of malnutrition
15. Define under nutrition
16. Define immunity
17. What is nutrition infection?
18. Define nutrition education
19. Write a note on Night blindness
20. Write a note on beri-beri

6 Marks

1. Write a note on Niacin deficiency
2. Write a note on malnutrition
3. Give the types of malnutrition
4. Brief on the causes of malnutrition
5. Give a note on nutrition education
6. Write a note on nutrition infection
7. Write a note on undernutrition and overnutrition
8. Write a note on Night blindness
9. Write short notes on Rickets, Goitre and Anaemia
10. Write a note on Micronutrient deficiency diseases

10 Marks

1. Write in detail about malnutrition and its types
2. What is malnutrition? Describe about its multi factorial causes
3. Describe epidemiology of under nutrition and over nutrition
4. Write in detail about nutrient deficiency diseases
5. Describe nutrition infection and immunity
6. Write in detail about nutrition education to the society
7. Briefly classify protein indicating the deficiency diseases caused by it.
8. Define the following terms: (a) Nutrition (b) Health (c) Malnutrition (d) Obesity (e) SDA
9. Define the following:
(a) Night blindness (b) Ricket (c) Reproductive failure (d) Beri Beri

UNIT -5

2 Marks

1. What is MUFA and PUFA?
2. What is obesity?
3. Name the conditions that lead to obesity.
4. Visible symptoms of good health
5. Define nutrients
6. Define hormones
7. Define enzymes
8. What are disorders?
9. Define faddism
10. What are toxic substances?
11. Define metabolism
12. What is a metabolic disorder?
13. What is a fad diet?
14. Define 'Crash Dieting'
15. Define anthropometry
16. What dangerous chemicals are in our food?
17. What is a diet survey?
18. What are the components of the blood?

19. What is considered an eating disorder?
20. What does inborn error of metabolism mean?

6 Marks

1. Give a brief note on inborn error of metabolism.
2. Write a note on assessment of nutritional status
3. What are the importances of anthropometry?
4. Write a note on nutritional assessment and its importance
5. Brief on the blood and its role
6. Write a note on Body building foods and protective food.
7. Brief on diet surveys
8. Write a note on faddism
9. Write a note on dangerous chemicals are in our food?
10. Write a note on eating disorders and its causes

10 Marks

1. Define the following terms :
 - (a) Health
 - (b) Energy
 - (c) Malnutrition
 - (d) Polysaccharides
 - (e) Anaemia
2. Detail on blood and its components
3. Write short notes on nutrients, hormones and enzymes
4. Describe potentially toxic substances in human food
5. Describe on food fad and faddism
6. Write in detail on nutritional assessment and related disorders
7. Cooking affects the nutritive value of food. Suggest methods of nutrient conservation
8. Critically evaluate the growth of fast foods in India.
9. What measures should be taken in mass food production to retain maximum nutritive value of food?
10. Differentiate between the following :
 - (a) Unsaturated fat and saturated fat.
 - (b) Visible fat and hidden fat.
 - (c) Night blindness and rickets.
 - (d) Water soluble vitamin and fat soluble vitamin.
 - (e) Body building foods and protective food.