

Food Nutrition & Dietetics Sample Paper Term II

2022

Max. Time: 90 min

Max. Marks: 35

Section A

Answer any 03 questions out of the given 04 questions 1 x 3 = 3

1. Name two women entrepreneurs.

Ans: Indra Nooyi, Kiran Majumdar

2. Who is a green-collar worker?

Ans: A green collar worker is one who is employed in the environmental sectors of the economy. Green collar workers include professionals, such as green building architects, environmental consultants, and waste management professionals.

3. “Areca palm is commonly grown indoors”. Why?

Ans: It absorbs harmful pollutants from the air.

4. Define a first-generation entrepreneur.

Ans: First-generation entrepreneurs are those who do not have any entrepreneurship background. They can be of different age groups and backgrounds.

Answer any 01 question out of the given 02 questions 2 x 1 = 2

5. List any two advantages of green jobs.

Ans: 1. Toxin-free homes and cities.

2. Protecting and restoring the ecosystem.

6. What do you understand by the concept of entrepreneurship?

Ans: 1. Entrepreneurship is the process of designing, launching, and running a new business, which is often initially a small business

2. Entrepreneurs follow a basic process of entrepreneurship to kick-start their ventures.

SECTION B

(5 + 8 + 9 = 22 marks)

Answer any 05 questions out of the given 07 questions 1 x 5 = 5

7. Write the full form of the logo shown in the picture.



Ans: Indian Standard Institute

8. Name any two biological hazards.

Ans: Mold and fungi, Insects

9. Identify the systolic and diastolic pressure in the reading “120/80mmHg”.

Ans: Systolic- 120, Diastolic-80.

10. When does ketoacidosis occur in the body?

Ans: Diabetic ketoacidosis happens when your blood sugar is very high and acidic substances called ketones build up to dangerous levels in your body

11. Name the disease caused by the overconsumption of kesari dal.

Ans: Lathyrism

12. What is malabsorption syndrome?

Ans: Malabsorption syndrome is an alteration in the ability of the intestine to absorb nutrients adequately into the bloodstream, and it leads to severe malnutrition

13. Gluten-free diet is recommended in which disease?

Ans: Celiac disease

Answer any 04 questions out of the given 06 questions 2 x 4 = 8

14. Define personal hygiene. Also mention its types. (Any two).

Ans: Personal hygiene can be defined as the act of maintaining cleanliness and grooming of the external body.

Shower hygiene

Teeth hygiene (any other)

15. What do you mean by diabetes awareness? State any two methods to educate diabetic people.

Ans: Diabetes education means empowering people with diabetes with knowledge and providing tools crucial for making them active partners in the diabetes management team. Self-monitoring skills & Positive attitude.

16. Write a brief note on the Glycaemic index.

Ans: Glycaemic index (GI) describes the rise of blood glucose occurring after a meal. In a given meal, there can be different foods. It is, therefore, important to know about the extent of the rise in blood glucose with a given quantity of a particular food.

17. What is paediatric metabolic syndrome? How is it related to the consumption of HFSS food?

Ans: A-Metabolic syndrome is a cluster of risk factors for type-2 diabetes and cardiovascular disease characterized by abdominal obesity and other factors such as high blood pressure and increased plasma glucose. There is a link between the consumption of HFSS food and obesity.

18. What are the nutritional interventions in Hepatitis?

Ans: A high-protein, high-carbohydrate, and moderate-fat diet is recommended. Small, attractive meals at regular intervals are better tolerated. Overfeeding should be avoided

19. How does hypertension cause damage to eyes and brain?

Ans: 1. Damage to Eyes: bleeding in the eyes, blurred vision, and complete loss of vision.
Damage to the Brain: Dementia, stroke

Answer any 03 questions out of the given 05 questions 3 x 3 = 9

20. Write any six nutrition facts provided by a label.

Ans: Serving Size, Calories, Total Fat, Saturated Fat, Cholesterol, and Dietary Fibre.

21. Differentiate between incidental adulteration and intentional adulteration.

Ans: Intentional adulterants are sand, marble chips, stones, mud, chalk powder, water, mineral oil and coal tar, and dyes. These adulterants cause harmful effects on the body.

Incidental adulterants: Raw foods such as meat, fish, milk, and vegetables grown on sewage are likely to be contaminated with harmful microorganisms.

These are generally destroyed during the cooking or processing of food. Some of the microorganisms may survive due to insufficient heat processing.

22. Briefly discuss the causes, prevention, and control of Jaundice.

Ans: Cause: Damage to liver cells leads to an increase in bilirubin, resulting in jaundice.

Prevention: Healthy diet and exercise.

Control: generous intake of water is necessary, Clear liquids including fruit juices, dal or rice water.

23. Write short notes on the following:

a) Kitchen hygiene during food preparation.

b) The requisites of a good label for pre-packaged food and its importance.

Ans: Labels help a consumer in making a wise decision.

- The label offers detailed information about a food's nutrient content.
- You can use the label to compare two similar foods to decide which would be the healthier choice.
- The list of ingredients is very important in case a person is allergic to some ingredient.

24. What are the concerns associated with the consumption of HFSS foods?

Ans: -Childhood obesity

- Hypertension

- Diabetes

-Pediatric metabolic syndrome

-anxiety

SECTION C

(COMPETENCY BASED QUESTIONS) (2 x 4 = 8 marks)

Answer any 02 questions out of the given 03 questions

25. Plan a sample menu for a person suffering from hypertension.

Ans:

Early Morning	Breakfast	Mid-Morning	Lunch	Tea/Evening snack	Dinner	Bedtime
1 Cup Tea / Coffee (prepared with skim milk & 1 tsp sugar only) OR Lime Juice (in water with honey)/ Coconut Water + Biscuits (2)	Toned Milk (1 glass) Poha/Upma/Corn flakes/Dalia/ (1Katori) OR Bread (2) with Egg (1) jam or white Butter (5gm) OR Ragi idli (2 piece) OR Chapati – 1 with vegetable, Fruit-1	Soup (dudhi / mix veg / tomato) OR Coconut Water/ Lime Juice, OR Fruit Chaat (1 bowl)	Chapati – 1, Rice – 1 Katori, Dal – 1 Katori OR 1 Medium size piece of Chicken or Fish in gravy Veg – 1 Katori (Dark green leafy veg & Yellow- orange veg), Curd – 1 Katori 1 Bowl raw veg Salad with sprouts	1 Cup Tea / Coffee (prepared with skim milk & 1 tsp sugar only) OR Lime Juice (1 glass), High fiber Biscuits (2) OR Roasted Chana/ Sprouts Salad	Chapati – 1, Rice – 1 Katori, Dal – 1 Katori OR (Paneer – 50 gms/ meat/chicken gravy dish) Veg – 1 Katori, Curd – 1 Katori 1 Bowl raw veg Salad with sprouts	Milk – 1 Cup (no sugar)

26. Design a food label enclosing following features: name of the product, manufacturer's name and address, date of manufacturing & date of expiry, maximum retail price, and ingredients nutritive values.

Ans: name of the product, -manufacturer's name and address, -date of manufacturing & date of expiry - maximum retail price and - Ingredients, nutritive values.

27. Plan a therapeutic diet plan for a peptic ulcer patient (Energy requirement-1600 kcal)

Ans:

Meal	Menu	Amount
Early Morning	Coconut water (no tea) Biscuit	1 Glass 2 No.
Breakfast	Suji Upma/ Idli (less spicy) Banana Apple Juice	1 Bowl/ 2 No. 1 No. 1 Glass
Mid-morning	Butter Milk	1 Glass
Lunch	Khichri Soft Vegetables (lauki/ tinda/ pumpkin/ potato) Washed dal (without husk) Curd Cooking oil	1 Big Bowl 1 Bowl cooked 1 Bowl cooked 1 Bowl 1-1½ tsp
Evening Tea	Cold Milk Biscuit	1 Cup 2 No.
Dinner	Boiled rice Soft Vegetables (lauki/ tinda/ pumpkin/ potato) Washed dal (without husk) Curd Cooking oil	1 Big Bowl 1 Bowl cooked 1 Bowl cooked 1 Bowl 1-1½ tsp

BioSmartNotes