

Food Nutrition & Dietetics Sample Paper Term I 2022

Max. Time: 90 min

Max. Marks: 35

Section A

Answer any 5 questions out of the given 6 questions on Employability Skills (1 x 5 = 5 marks)

1. An effective communication is important to strengthen _____ & _____ relationship in an organization.

- a) Employer-Father
- b) Employer-Employee**
- c) Mother-Child
- d) Father-Child

2. Identify the subject in the sentence “Mother has packed the lunch box”.

- a) Mother**
- b) Lunch box
- c) Played
- d) Has

3. “Jack thinks of himself to be more important than others”. Which personality disorder is he suffering from?

- a) Antisocial
- b) Borderline
- c) Narcissistic**
- d) Schizotypal

4. Individual personality can be assessed with the help of:

- a) Five-factor model**
- b) Four-factor model
- c) Six-factor model
- d) Three-factor model

5. To do any calculation in a spreadsheet, you need to use:

- a) ‘+’
- b) ‘=’**
- c) ‘*’
- d) ‘#’

6. Which is the correct step to add a new slide to the presentation?

- a) Ctrl+M
- b) Ctrl+S
- c) Ctrl+V
- d) Ctrl+I

SECTION B

Answer any 25 questions out of the given 30 questions (1 x 25 = 25 marks)

7. _____ is a branch of dietetics concerned with the use of food for therapeutic purpose.

- a) Cognitive therapy
- b) Diet therapy**
- c) Aromatherapy
- d) Oil therapy

8. Typhoid is also called as:

- a) Rheumatic fever
- b) Enteric fever**
- c) Viral fever
- d) Jaundice

9. ORT refers to:

- a) Oral rehydration treatment
- b) Oral rehydration therapy**
- c) Oral restoring therapy
- d) Oral route therapy

10. Raw foods have _____ factors which are destroyed by cooking.

- a) Anti-nutritional**
- b) Nutritional
- c) Palatable
- d) Provisional

11. Cooking method generally used for eggs is:

- a) Baking
- b) Poaching**
- c) Toasting
- d) Blenching

12. Protein loss in diseases like diarrhea and dysentery is _____ protein/kg body weight /day.

- a) 1.2g
- b) 0.9g**
- c) 1.8g
- d) 0.3g

13. Leaching is a method of cooking vegetables for people with chronic:

- a) Kidney disease**
- b) Heart disease
- c) Liver disease
- d) Skin disease

14. DOTS is an abbreviation for:

- a) Directly Observed Typhoid Short Course
- b) Directly Oral Treatment Short Course
- c) Directly Observed Treatment Short Course**
- d) Digital Observed Treatment Short course

15. Diarrhoea can be caused by viruses like

- a) Norovirus & Rotavirus**
- b) Norovirus & Coronavirus
- c) Rhino virus & Rotavirus
- d) Norovirus & HIV virus

16. IBW(Ideal Body Weight) can be calculated by the formula:

- a) (Height in cm -100) x 0.9**
- b) (Weight in cm -100) x 0.9
- c) (Height in cm -100) x 1.8
- d) (Height in cm -50) x 0.9

17. Individuals with bulimia have a perceived lack of control over their eating behaviour, and often report which of the following?

- a) High levels of self-disgust
- b) Low self-esteem
- c) High levels of depression
- d) All of the above**

18. The imbalance between energy intake and energy expenditure causes:

- a) Overweight and obesity**
- b) Diarrhoea
- c) Fever

d) Brain stroke

19. A method of cooking in which most of the heat transfer is in the form of steam:

- a) Deep fat frying
- b) Shallow frying
- c) Grilling
- d) Steaming**

20. Indirect measures of body fatness(other than BMI) are:

- a) Skinfold thickness, height, Waist hip ratio
- b) Skin aging, Waist circumference, Waist-hip ratio
- c) Skinfold thickness, Waist circumference, Weight
- d) Skinfold thickness, Waist circumference, Waist-hip ratio**

21. Introduction of additional foods other than breastmilk, after 6 months of age is called as:

- a) Inclusive feeding
- b) Exclusive feeding
- c) Complementary feeding**
- d) External feeding

22. How an anorexic controls his/her weight?

- a) Voluntary starvation**
- b) Excessive exercise
- c) Purging
- d) Binge-eating

23. Tuberculosis is an example of chronic fever caused by:

- a) *Escherichia coli*
- b) *Mycobacterium tuberculosis***
- c) *Salmonella typhi*
- d) *Vibrio cholerae*

24. In bland diets, there is elimination of:

- a) Spices and condiments**
- b) Vegetable
- c) Salt
- d) Oil

25. Obesity is a BMI greater than or equal to :

- a) 25
- b) 30**
- c) 45
- d) 15

26. When the food is directly given in the veins, it is called _____ nutrition.

- a) Parenteral**
- b) Enteral
- c) External
- d) Saline

27. Typhoid fever is commonly acquired by:

- a) Consuming food or water contaminated by fecal material.**
- b) Eating Salmonella cysts in the muscle of infected animals.
- c) Direct sexual contact.
- d) Drinking unpasteurized milk.

28. Diarrhoea with visible blood in stools is called as _____

- a) Diphtheria
- b) Dysentery**
- c) Cholera
- d) Indigestion

29. Which kind of cooking method is represented by the diagram shown above:

- a) Boiling
- b) Steaming**
- c) Pressure cooking
- d) Poaching

30. A person who has had a renal(Kidney) transplant should regulate the intake of _____

- a) Carbohydrates
- b) Proteins**
- c) Fats
- d) Vitamins

31. GERD is

- a) Gastro efflux reflex disease
- b) Gut efflux reflex disease
- c) Gastro-oesophageal reflux disease**
- d) Gut efflux reflex disorder

32. Caliper is a special instrument used to measure:

- a) Abdominal obesity
- b) Skin fold thickness**
- c) Waist-hip ratio
- d) Biceps

33. Identify the disease for which this sample menu is prepared.

- a) Diabetes
- b) Hypertension
- c) Anorexia**
- d) Obesity

34. In children with acute diarrhoea and respiratory infections only 30 -70 per cent of ingested _____ is absorbed.

- a) Vitamin D
- b) Vitamin A**
- c) Vitamin C
- d) Vitamin K

35. How is TB treated?

- a) Antiviral medicines
- b) Antibiotics
- c) Chemotherapy
- d) Both (b) & (c)**

36. Diets lasting for one or few days given to patients in connection with certain tests is called as:

- a) Bland diet
- b) Test diet**
- c) Balanced diet
- d) Gluten-free diet

SECTION C

COMPETENCY BASED QUESTIONS

Answer any 5 questions out of the given 6 questions (1 x 5 = 5 marks)

37. “Lata is a 15-year-old girl who was admitted to hospital because of prolonged weight loss and refusal to eat. She weighed 35kg. Her skin had become dry & flaky and her hair was falling out in clumps”. Identify the disorder.

- a) Intermittent fasting

- b) Anorexia Nervosa
- c) Bulimia Nervosa
- d) Binge eating disorder

38. “A 4.5-month-old baby girl is presented to hospital with a 2-day history of watery diarrhea. The infant was reported to have had 10 watery stools over the previous 24 hours. The number and volume of stools continued to diminish substantially during the second day of treatment.” Which type of diarrhea is the child suffering from?

- a) Acute watery diarrhea
- b) Persistent diarrhea
- c) Dysentery
- d) Jaundice

39. Calculate the BMI of the following students and place them in the order of Underweight: Normal weight : Overweight: Obese

A: Weight = 58kg, Height = 1.72

B: Weight = 48kg, Height = 1.82

C: Weight = 78kg, Height = 1.65

D: Weight = 65kg, Height = 1.65

- a) B:A:D: C
- b) C:A:D: B
- c) A:D:B: C
- d) D:A:C: B

40. Ravi has undergone a major heart surgery. He is in the post-operative, early phase of recovery. As a dietitian what modified diet would you recommend for him?

- a) Bland diet
- b) Soft diet
- c) Liquid diet
- d) Spicy diet

41. Maitri is born in a poor rural/slum household with low birth weight. This triggers growth faltering and the child suffers from malnutrition. She will grow up to be an adult with:

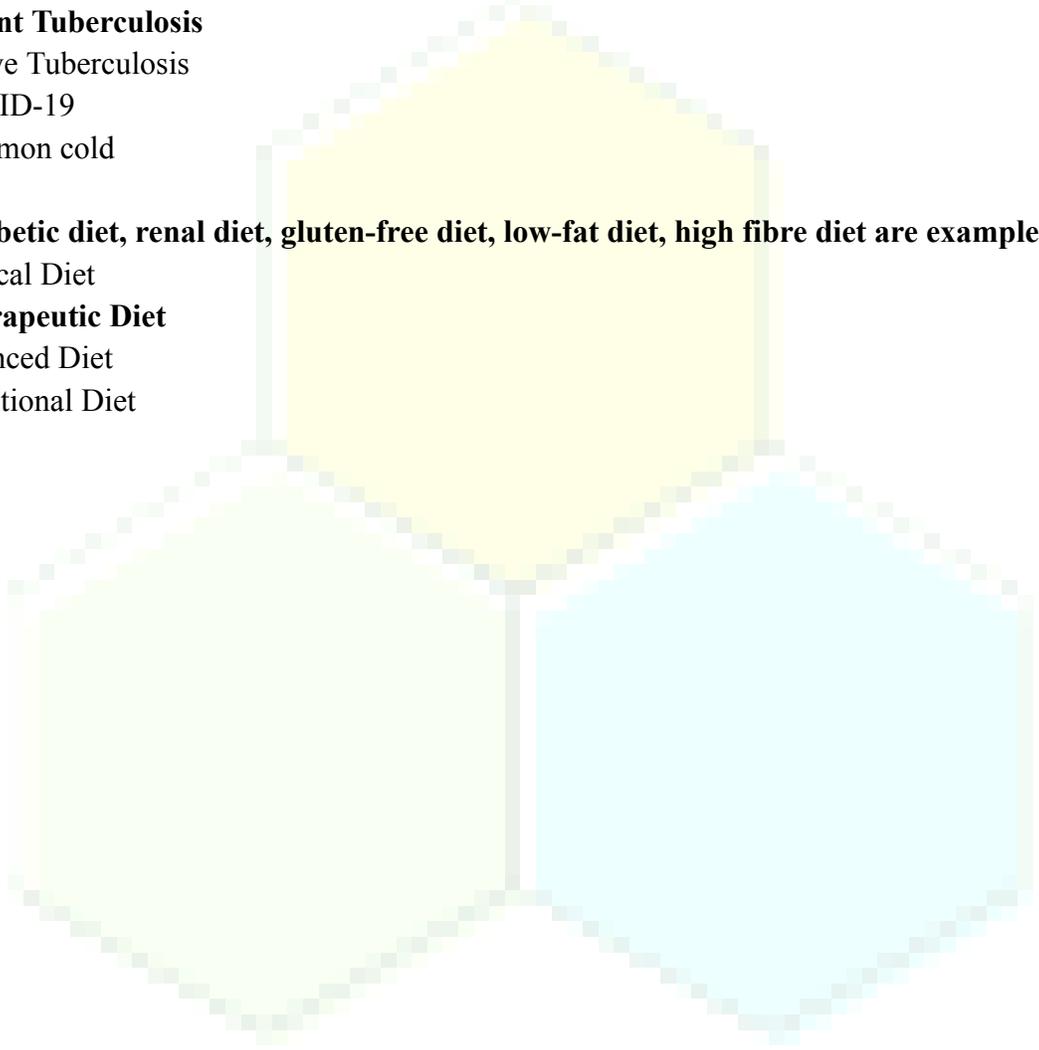
- a) High capacity to do physical work & less economically productive
- b) Reduced capacity to do physical work & less economically productive
- c) High capacity to do physical work & economically productive
- d) Reduced capacity to do physical work & economically productive

42. Raman is having pulmonary infection. He is a healthy individual and his immune system helps in fighting off the infection. The bacteria in the body are in an inactive state, and Raman shows no symptoms. Identify the disease.

- a) Latent Tuberculosis**
- b) Active Tuberculosis
- c) COVID-19
- d) Common cold

43. Diabetic diet, renal diet, gluten-free diet, low-fat diet, high fibre diet are examples of :

- a) Clinical Diet
- b) Therapeutic Diet**
- c) Balanced Diet
- d) Nutritional Diet



BioSmartNotes