

Food Nutrition & Dietetics Sample Paper 2020

Max. Time: 3 hrs

Max. Marks: 70

Section A

Answer any 4 questions out of the given 6 questions of 1 mark each:

1. Name any two software used for creating a presentation.

Ans: MS Powerpoint, OpenOffice impress

2. Mention any two ways of running a slide show.

Ans: F5 Key & F1

3. Mention any two personality disorders.

Ans: Paranoid, Dependent, Obsessive(any 2)

4. Name two entrepreneurs in the food industry.

Ans: Alyona Kapoor, Indra Nooyi

5. Identify the following sentence as a Simple or Complex sentence.

India has a variety of natural resources, including oil, natural gas, timber, iron ore, copper, and lead.

Ans: Complex sentence

6. Identify the phrase and state its kind in the given sentence.

He ran with great speed

Ans: with great speed-Adverbial phrase

Answer any 3 questions out of the given 5 questions of 2 marks each:

7. How can you insert an audio into a slide?

Ans: 1) Select the slide

2) Select the sound option from the Insert menu

3)insert sound

4) Select the sound and click open.

8. Why is self-motivation important?

Ans: 1) Increases an individual's energy 2) Directs an individual towards specific goals.

9. How can green jobs promote toxin-free homes?

Ans: Plant a tree, reuse/recycle/reduce, use the off buttons, use less reconditioning. (any 2)

10. Why is systematic and efficient planning crucial for a dietitian?

Ans: 1)To obtain adequate and relevant information to identify nutrition-related problems.
2)To make decisions about the nature and cause of nutrition-related health issues.

11. With the help of a word diagram, explain the format of Article writing.

Ans: Title
Name
Content(4-5paragraph)
Conclusion

Section B

Answer any 10 questions out of the given 12 questions:

12. Define the term ‘Dietetics’.

Ans: The branch of medicine concerned with how food and nutrition affect human health, comprising the rules to be followed for preventing, relieving, or curing disease by diet, is called Dietetics

13. Write the name of the worm that causes intestinal parasitic infection.

Ans: Roundworm

14. Which regulatory body recommends dietary guidelines to Indian Hospitals?

Ans: ICMR (Indian Council of Medical Research)

15. What is rheumatoid arthritis?

Ans: Inflammation of the lining of the joints

16. How is BMI calculated?

Ans: [BMI = Weight (kg)/Height (m) ²]

17. Define the term ‘Binge Eating Disorder’.

Ans: Binge eating disorder is characterized by recurrent binge episode during which a person feels a loss of control and marked distress over his or her eating.

18. Why is insulin-dependent diabetes mellitus also called juvenile diabetes?

Ans: Insulin-dependent mellitus/type-I diabetes usually develops in children and adolescents, hence was referred to as juvenile diabetes.

19. Name the device used to measure B.P.

Ans: Sphygmomanometer

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

Ans: Celiac Disease

21. Expand the following abbreviations: HACCP.

Ans: Hazard analysis and critical control points

22. What is the causative organism of cholera?

Ans: Vibrio cholerae

23. Name the adulterant commonly present in chili powder.

Ans: Brick powder

Answer any 7 questions out of the given 9 questions of 2 marks each:

24. Differentiate between liquid diet and soft diet.

Ans:

Liquid Diet	Soft Diet
Consists of foods that can be served in liquid or strained form.	Foods included in this this type of diet are soft, easy to chew and made of easily digestible foods.
Example: Water. Strained fruit juices, coconut water, lime juice.	Example: Khichdi, dalia, etc.

25. Explain any two methods where dry heat is used as a medium of cooking.

Ans: 1) Toasting- Generally applied for bread slices which are browned from both sides by keeping them between two grilles.

2) Baking- A dry method of cooking, it combines steam which is generated while food is cooked

26. Why do malnourished individuals have low immunity against infection?

Ans: Reduction in antibody production. Therefore the disease fighting capacity is lowered

27. Discuss the cumulative effect of dietary deficit and infection on physical growth of the child.

Ans: Short stature or low height.

Retardation of physical growth.

28. Why is typhoid fever placed under the category of sub-acute fever?

Ans: It lasts for not more than 2 weeks in duration.

Patients recover completely after the fever.

29. Define glycemic index. Why is multigrain chapatti preferred over normal wheat chapatti for a diabetic patient?

Ans: It's the rise of blood glucose occurring after a meal.
Multi-grain Roti has low GI of 27

30. List any two modifiable and non-modifiable risk factors of hypertension.

Ans: Modifiable-Cigarette smoking, Overweight/obesity
Non-modifiable-Increased age, coronary artery disease

31. How can occupation be one of the causes of an eating disorder?

Ans: Athletes are at-risk, especially those competing in sports (wrestling, rowing, horseracing etc.) and aesthetic sports (bodybuilding, gymnastics, swimming etc.).
Dancers have a prevalence of being anorexic.

32. Name any two biological hazards and the diseases caused by them.

Ans: Salmonella causes salmonellosis
E.coli causes dysentery/diarrhea

Answer any 7 questions out of the given 9 questions of 3 marks each:

33. Write the advantages and disadvantages of following methods of cooking

(a) Pressure cooking

(b) Boiling.

Ans: Pressure Cooking: food is cooked under pressure(1/2)

- Advantage: Reduces cooking time.(1/2)
- Disadvantage: Long hours of pressure cooking make food soggy and too soft. (1/2)

Boiling: Foods are cooked by placing them in boiling water at 100°C(1/2).

- Advantage: Boiling of food brings about uniform cooking of food. (1/2)
- Disadvantage: Boiling of food brings about its discoloration (1/2)

34. Draw a table enclosing the ORS guidelines for replacement of dehydration.

Ans:

Age	After each liquid stool, offer them
<6 months	Quarter glass or cup (50 ml)
7 months to less than 2 years	Quarter to half a cup (50-100 ml)
2- 10 yrs	Half - one cup (100-200 ml)

35. Differentiate between Anorexia Nervosa, Bulimia Nervosa.

Ans:

Anorexia nervosa	Bulimia nervosa
Profound weight loss	Frequent fluctuations in weight
Dieting, deny hunger	Eating large amount of food in a short time
Delayed puberty	Irregular periods in women

36. How will you classify B.P with the stages of hypertension?

Ans:

Hypertension	Systolic Blood Pressure	Diastolic Blood Pressure
Stage 1	130-139 mm Hg	80-89 mm Hg
Stage 2	≥ 140 mm Hg	≥ 90 mm Hg
Hypertensive crisis	≥ 180 mm Hg	≥ 120 mm Hg

37. Explain the preventive measures to avoid the transmission of typhoid?

Ans:

- Control of reservoir(isolation of carriers)
- Control of sanitation(sanitary disposal)
- Immunization(vaccination)

38. Discuss the important practices involved in building good hygiene.

Ans:

- Toilet hygiene
- Shower hygiene
- Nail hygiene
- Teeth hygiene
- Sickness hygiene(any 3)

39. How does infection affect the utilization of the nutrients?

Ans:

- Loss of Appetite
- Unfavorable cultural practices
- Decreased intestinal absorption
- Worm/parasite infection
- Protein loss(any 3)

40. Under which parameters, therapeutic diet can be modified?

Ans:

- Modification in Quantity
- Modification in Nutrient(Proteins, Fat, Carbohydrate)
- Changes in Meal Frequency
- Changes in Method of Cooking
- Modification in the Method of Feeding(any 3)

41. Compare and contrast between the two types of diabetes.

Ans:

Type 1	Type 2
Results from the failure of pancreas in producing insulin	Begins with insulin resistance
Usually seen in children and adolescents	Diagnosed in adults
Its an autoimmune disease	Its non-insulin dependent diabetes

Answer any 3 questions out of the given 5 questions of 5 marks each:

42. Explain the consequences associated with hypertension.

Ans:

- Damage to arteries and blood vessels
- Damage to heart
- Damage to Brain:
- Damage to Kidneys
- Damage to Eyes
- Sleep Disorder (any 5)

43. 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
- Nutritive value of ingredients

44. What are the concerns associated with the consumption of HFSS foods.

Ans:

- Childhood obesity
- Hypertension
- Diabetes
- Pediatric metabolic syndrome
- Anxiety

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

Ans:

- Presentation
- Meal planning (1/2 marks each for early morning, breakfast, mid morning, lunch, evening tea, dinner)
- Amount

46. Discuss the dietary management of Jaundice.

Ans: Foods that can be used liberally and best avoided in the diet of an individual suffering from Jaundice (1 mark for each point)

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