

# **HIRALAL MAZUMDAR MEMORIAL COLLEGE FOR WOMEN**

## **DEPARTMENT OF FOOD AND NUTRITION**

### **B.SC HONOURS 4TH SEMISTER**

#### **MODEL QUESTION PAPER**

#### **CORE 8 (T)**

#### **COMMUNITY NUTRITION**

### **1. CHAPTER :- CONCEPT ON COMMUNITY**

#### **Short Questions :- (1 marks)**

1. Define the term “Community?”
2. What do you mean by the term “Family”?
3. What do you mean by the term Community Nutrition’?
4. What do you mean by the Community Health?
5. What do you mean by Community Organisation?

#### **Short Notes Marks 5**

Types Of Community, Characteristics Of Community, Rural Community, Urban Community, Joint Family , Middle Class Family, Endogamous Family, Exogamous Family, Monogomous Family, Polygomous Family, Functions Of Family,

#### **Long Questions Marks 10**

define health. describe the factors affecting community health.

### **2. Nutrition Assessment and Surveillance**

#### **Short questions (1 mark)**

1. Define Nutritional Status
2. What are the signs of good Nutritional Status of a person?
3. Define Nutritional Assessment.
4. Mention purpose of Nutritional Assessment.
5. What do you mean by ABCD method?
6. Mention direct and indirect method of nutritional assessment.

7. What is nutrition surveillance?
8. Name two infrastructure/ system in India that could provide a useful delivery mechanism for NSS.
9. What do you mean by the term Nutritional monitoring?

### **Short notes marks 5**

Nutritional Status, nutrition assessment, direct method of nutrition assessment, indirect method of Nutritional Assessment, Vital Statistics, Nutrition monitoring, triple a cycle, indicators of nutrition surveillance, uses of nutrition surveillance.

### **Long questions 10 marks**

Mention key indicators that could be critical for successful nutrition surveillance system. what are the objectives and importance of nutrition surveillance

Write Comparison between nutrition monitoring and nutrition surveillance.

What are the objectives and components of nutrition monitoring?

### **3-assessment methods for human**

#### **Short question: - (1 marks)**

1. Define PEM.
2. What is anaemia?
3. What is RBC count?
4. What is ricket?
5. What is vit-A deficiency?

#### **Short notes: - (5 marks)**

advantages & dis advantages of clinical findings, characteristics of clinical assessment, clinical sign and symptoms of clinical assessment, characteristics of biochemical test, blood related parameters, estimation of haemoglobin, rbc count, stool and urin analysis, estimation of iron stores, serum ferritin method, urinary iodine determination, serum retinol method, serum vitamine-d levels, riboflavin concentration, radio immunoassay(ria), clinical assessment of nutrients deficiency, pem, vit-a deficiency, anaemia, ricket.

### **4. Chapter diet survey**

#### **Short question marks 1**

1. What is diet survey?
2. What is population sampling?
3. What is ACU?
4. What is one dietary cycle?

5. What is duplicate sample method?
6. What is dietary score method?
7. Name any two PDS taken by govt of India.
8. Define food and nutrition security

### **Short notes marks 5**

acu, need and importance of diet survey, merits and demerits of diet survey, 24 hours recall method, determinants of food security, nutrition security, food security

### **Long questions 10 marks**

Discuss the need and importance of diet survey. Discuss the different methods of diet survey with their advantages and disadvantages.

## **6. Nutritional Anthropometry**

Short question: - (1 marks)

1. What is anthropometric method?
2. What is BMI?
3. What is MUAC?
4. What is growth chart?

### **Short notes: - (5 marks)**

growth chart, use of growth chart, techniques of measuring height, weight, head, chest and arm circumference, MUAC, BMI, waist-hip ratio(WHR)

### **Long questions: - (10 marks)**

Advantages & disadvantages of anthropometry.

Characteristics of Nutritional anthropometry.

Objectives of Nutritional anthropometry.

## **7. chapter agencies and programmes**

### **Short questions 1 marks**

1. Which day is celebrated as world health day?
2. What is the meaning of “fiat panis?”
3. What is GOBI project?
4. In ICDS non formal education is given to which age group?
5. Write the full form of CDPO.
6. What is the composition of big and small tablet in NNACP?

### **short notes marks 5**



NNACP, NPPPNB, NIDDCP, MID DAY MEAL PROGRAMME, ANP, SNP, ICDS, NNP. BALWADI NUTRITION PROGRAMME, WHO, FAO, UNICEF, CARE, RED CROSS, VHAI, WORLD BANK, ICAR, ICMR, CFTRI, NIN, FNB, NFI, CSIR, NNMB,

### **CC8- 4<sup>TH</sup> SEM**

#### **CLINICAL SIGNS**

#### **Short questions (1/2)**

1. What is PEM? How do you identify the signs of PEM?
2. What is Vitamin-A deficiency?
3. What is Iodine deficiency?

#### **Short notes (4/5)**

PEM, vit – A deficiency, nutritional anaemia, rickets, iodine deficiency, vit –B complex deficiency

#### **Long questions (10)**

1. What is PEM? How do you identify the signs of PEM?
2. Write short notes about Vitamin-A deficiency & its signs.
3. What is Iodine deficiency & its signs?

### **Core-9 (theory)**

## **Epidemiology and Public Health**

### **FNTACOR09T**

#### **CHAPTER 1 :- Introduction on Health**

1. Define health. 2
2. Mention the dimensions of health. 5
3. What is positive health? 2
4. What are the determinants of health? 3
5. What do you mean by disease? How they are caused? 3+3
6. What is the causation of diseases? 5

#### **CHAPTER-2 DATA OF COMMUNITY HEALTH**

### **Short question (1/2 marks)**

1. What is vital statistics?
2. What is mortality rate?
3. What is morbidity rate?
4. Write down the growth rate?
5. What is birth rate and death rate?
6. What is nutritional status indicator?
7. What is mortality and morbidity indicators?
8. What is community health?

### **Short notes (5marks/6/4/3)**

Vital statistics, demographic cycle, demographic indicators, population statistics, growth rate, birth and death rate, sex ratio, dependency ratio of life expectancy, birth and date rate ,growth rate, census of india, indicators of health, demographic characteristics, mortality indicators, disability rates, nutritional status indicators, health care delivery indicators, utilization rates, indicators of social and mental health, environmental indicators, socio-economic indicators, health policy indicators, indicators of quality of life, community health. icmr

## **CHAPTER 3: EPIDEMIOLOGY**

1. Write the definition of epidemiology.
2. Components of epidemiology.
3. What are the aims of epidemiology?
4. What is the basic measure of epidemiology?
5. What do you mean by demography?
6. What do you mean by family planning?
7. Relation between demography and family planning.
8. Brief idea on epidemics.
9. Discuss about epidemiological methods?
10. Short note: case control; cohort study. Give example and their advantages and disadvantages?
11. What is experimental epidemiology?
12. What is human experiments and animal experiment?
13. What is descriptive epidemiology?
14. Difference between case control and cohort study.
15. Uses of epidemiology?

16. Short note; infectious disease of epidemiology?
17. Definition: infection, contamination, infestation, host, infectious disease, contagious disease, communicable disease, epidemic, endemic, sporadic, pandemic, zoonosis, surveillance, eradication,
18. What are the dynamics of disease transmission?
19. Mode of transmission.
20. What are direct transmission and indirect transmission?
21. What are vehicle borne and vector borne disease?
22. What is air borne disease?

## **CHAPTER-4 DISEASE: PREVENTION AND CONTROL.**

### **short notes**

hyperlipidemia, scurvy, beriberi, goiter, clothing disorder, hiv/aids, malaria, poliomyelitis, dengue, tuberculosis, mumps, measles, rubella, chicken pox, pertussis, chicken gunya

## **CHAPTER 5: PUBLIC HEALTH**

1. Definition of public health?
2. Relation between health and nutrition.

## **CHAPTER 8: COMMUNITY WATER MANAGEMENT:**

1. What is community water management?
2. What is the importance of water in community?
3. What are the sources of water?
4. What is water pollution?
3. Write down the concept about water pollution?
4. Short note: small scale purification: large scale purification, household purification, drinking water handling and safe drinking water.

## **chapter 6. immunization**

1. What is immunity?
2. Describe its classification?
3. What is active and passive immunity?
4. What is immunization?
5. What do you mean by immunizing agent and its types?



6. Importance of national immunization schedule.
6. Highlight the chart indian national immunization schedule.
7. Health advice to travellers.
8. Hazards of immunization health advice to foreign travellers.

### **chapter 7.community health care**

1. What is health?difference between health care and medical care?
2. Describe health system and the different levels of community health care?
3. Write down health care delivery system?
4. Write down the principal of primary health care in india?
5. Short note on primary health center (phc)
6. Describe indian public health standards for community health centres?(iphcs)
7. Short note on community health centres.
8. Definition of hospital waste management?
9. Classification of health care waste?

### **chapter-10 air pollution**

write sources of air pollution,  
 what are the factors of air pollution,?  
 write short notes on indoor air pollution,  
 elaborate monitoring of air pollution,  
 what is its effects,?  
 discuss prevention and control of air pollution.

### **Chapter 9-Community waste management**

Define waste. How they can be classified ? 2+3

8. What is sewage and sullage ? 2+2
9. What are the methods of disposal of wastes? 5
10. How sewage is disposed of? 5
11. Discuss the methods of treatment of sewage? 5

## **Core-10(Theory)**

### **Diet Therapy for Life Style Disorders**

## **CHAPTER1: LIFESTYLE DISORDER**

1. Definition of lifestyle disorder.
2. Types of lifestyle disorder.
3. aetiology of lifestyle disorder.
3. How do you manage the lifestyle disorder?

## **CHAPTER 2: DIABETES MELLITUS**

Short question (1/2)

1. What is juvenile diabetes?
2. What is type i and type ii diabetes?
3. What is diabetes ketoacidosis?
4. What is ogtt?
5. Normal blood glucose level?
6. What is hypoglycemia and hyperglycemia?
7. Full form and definition: iddm,niddm,mrdm,igt,gdm
8. What is malnutrition related diabetes mellitus
9. What is glucosuria?
10. What is diabetic coma?

**Long question (3/4/5/6)**

1. Define diabetes mellitus.
2. Classification of diabetes mellitus.
3. Etiology of diabetes mellitus.
4. Write down the short and long term complications of diabetes.
5. What are the symptoms of diabetes mellitus?
6. Short note on gestational diabetes?
7. Short note on diabetes in childhood.
8. Short note on role of nutrition education on diabetes.
9. Role of nutrition in prevention of diabetes?
10. Dietary management of diabetes mellitus.
11. How is diabetes diagnosed?
12. Risk factors of diabetes.
13. What are the acute complication of diabetes?



14. What are the chronic complications of diabetes?
15. What is hypoglycemia and risk factor?
16. What are the types of insulin?
17. What do you mean by glycemic index?how it is important for diabetic patient?
18. How is exercise beneficial for diabetic patient?
19. How are artificial sweeteners useful for a diabetes?make a list of the alternet non nutritive sweeteners available in the market?
20. What is the importance of monitoring in the management of diabetes?
21. Which tests can be carried out at home to detect diabetes?
22. Objective of diabetes management.
23. Oral hypoglycemic drug.
24. factors predisposing diabetes.

### **CHAPTER-3 CARDIOVASCULAR DISEASE**

#### **Short questions (1marks)**

1. What is stroke?
2. Define hypertension.
3. What is thrombosis?
4. What is dash diet?
5. Functional food.

#### **Short notes: - (5 marks)**

patho-physiology of atherosclerosis, hypertension, hyperlipidemia, stroke, angina pectoris, endothelial dysfunction, thrombosis, congestive cardiac failure, low glycaemic foods, risk factors for heart disease, role of fat in the cause of atherosclerosis, role of unsaturated fatty acid in the diet.

#### **Long questions: - (10 marks)**

Physical activity and heart disease.

Explain why sodium is restricted in hypertension.

The role of the functional food in prevention of atherosclerosis.

diatery management of cardiovascular disease.

Nutritional management of hyper-lipidemia.

Risk factors & patho physiology of hypertension.

### **CHAPTER4:- WEIGHT MANAGEMENT**

## **OBESITY**

### **short questions 1 marks**

1. Define obesity and overweight.
2. What is queltet index?
3. What is ponderal index?
4. Define android and gynacoid obesity.
5. What is leptin?
6. Define reducing and maintainance diet.

### **short notes 5 marks**

assessment of obese person or how can you assess obese person?, android obesity, gynacoid obesity, differences between android and gynacoid obesity, classification of obesity, juvenile obesity, metabolic changes in obesity, set point theory, theories of obesity, leptin, hormonal changes during obesity, liplectomy, reducing diet , maintainance diet.

### **long question 10 marks**

What is obesity? Write its causes. What are the complications of obesity ?discuss the dietary and other management during obesity. Prepare a sample menu for a person who is suffering from grade 2 obesity.

## **UNDERWEIGHT**

### **Short questions marks 1**

1. Define under weight.
2. Mention any one cause of underweight.
3. Mention any one symtpioms of under weight.
4. Mention two feeding problems associated with underweight.
5. How much calories can be given to a person who is undertweight.
6. Mention a high calorie food that is suitable for underweight person .

### **Shorty notes, ,marks 5**

Causes of undetweight, symptoms of underweight. Anorexia nervosa, bulimia nervosa, binge eating disorder.

### **Long questions marks 10**

Write the dietary management of a person who is underweight., prepare a sample menu for that.

Diet therapy for life style disorders

## **CHAPTER 5 : NUTRITIONAL MANAGEMENT OF METABOLIC DISEASE: GOUT AND INBORN ERROR METABOLISM**

### **Short questions marks 1**

1. What is gout and hyperuricaemia?
2. What is the normal uric acid level in adult male and female?
3. Does purine present in our body? if yes where do they found?
4. What is the name of the uric acid crystal that is precipitated in joints of our body?
5. Suppose a person do not intake any dietary sources of purine but her uric acid level is high---- what is the cause behind that?
6. Which drug is used to inactive enzymes causes heavy endogenous uric acid breakdown?
7. Write endogenous and exogenous sources of uric acid.
8. Give examples of some purine rich food.
9. What is phenylketonuria?
10. What is MSUD?
11. What is BCAA?
12. What is GALACTOSEMIA?
13. What is in born errors of metabolism?

### **Short notes marks 5**

hyperuricaemia, gout, sources of purine, causes of gout, symptoms, complications, PKU,MSUD,causes of MSUD,galactosemia,glycogen storage disorders,pathophysiology of MSUD,prevention and treatment of GSD.

### **Long questions marks 10**

Write the dietary management of a gout patient. Prepare a sample menu for that.

## **CHAPTER6.NUTRITION AND RESPIRATORY SYSTEM:**

1. What is respiratory system?
2. What is the function of respiratory system?



3. Write down the physiology of respiratory system?
4. What is asthma?
5. What is the nutritional management of asthma?
6. Treatment of asthma.

Chapter 8. arthritis and osteoporosis:

1. What is arthritis?
2. Aetiology and prevalence of arthritis?
3. Dietary treatment of arthritis?
4. What is osteoporosis?
5. Aetiology and prevalence of osteoporosis?
6. Dietary treatment of osteoporosis?

**Chapter 7:-Nutritional management in cancer (Oral and colon)**

1. Cancer: Pathogenesis and progression of cancer,
2. Role of Nutrients and food additives in cancer therapies and their nutritional implications,
3. Symptoms,
4. Diagnosis,
5. Cancer therapies: Nutritional implications,
6. Dietary management

**8. ARTHRITIS AND OSTEOPOROSIS**

**SHORT TYPE**

WHAT IS ARTHRITIS?

WHAT IS OSTEOPOROSIS?

**LONG TYPE**

WRITE DOWN THE FACTORS AFFECTING ARTHRITIS?

DESCRIBE THE ROLE OF VITAMIN D TO PREVENT OSTEOPOROSIS?

DESCRIBE THE DIETARY MODIFICATION FOR ARTHRITIS MANAGEMENT?

DESCRIBE THE DIETARY MODIFICATION FOR OSTEOPOROSIS MANAGEMENT?

**FNTSSECO2M: Field Study in Clinical / Community Setting**

1. Theory

(RD- requirements, procedure, functioning)

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**Short Questions: (1 Mark)**

1. Write the full form of IDA.
2. Define Nutritionists.
3. Define Dietitian.
4. Who is the founder of IDA?
5. How many chapters under IDA?
6. Write the full form of RD.

**Short Notes: (5 Marks)**

1. Aim & Objectives of IDA.
2. Role of Nutritionists.
3. Role of Dietitian.
4. Eligibility criteria for RD Examination.

**Long Questions: (10 Marks)**

1. Explain the steps through which one can be a Registered Dietitian.

