

# **HIRALAL MAZUMDAR MEMORIAL COLLEGE FOR WOMEN**

## **DEPARTMENT OF FOOD AND NUTRITION**

### **B.Sc. 4TH SEMESTER MAJOR**

#### **MODEL QUESTION PAPER**

#### **FNTDSC406T**

### **COMMUNITY NUTRITION**

#### **1. CHAPTER :- CONCEPT OF 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 vitamin-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 ans 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?



## **Blood and body fluids**

### **SHORT QUESTION 1 MARKS**

WHAT IS BLOOD?

WHAT ARE THE TYPES OF BLOOD?

WHAT IS PLASMA?

WHAT ARE THE PLASMA PROTEIN?

WHAT ARE THE NORMAL LEVEL OF HEMOGLOBIN IN MALE AND FEMALE?

WRITE DOWN THE NORMAL LEVEL OF BLOOD UREA AND CREATININ?

WRITE DOWN THE NAME OF BLOOD CELLS?

WHAT IS FIBRINOGEN?

WHAT IS HEPARIN?

WHAT DO YOU MEAN BY ESR?

WHAT DO YOU MEAN BY NORMAL BLEEDING AND NORMAL COAGULATION TIME?

WHAT IS THROMBIN?

WHAT IS FIBRIN?

WHAT IS NATURAL INHIBITORS OF COAGULATION?

WHAT IS FIBRINOLYSIS?

WHAT IS BLOOD VOLUME?

WHAT DO YOU MEAN BY BONE MARROW?

WHAT IS ERYTHROCYTES?

WHAT IS ERYTHROPOIESIS?

WHAT IS LEUCOCYTES?

WHAT IS THROMBOCYTES?

WHAT DO YOU MEAN BY IMMUNITY?

WHAT DO YOU MEAN BY BLOOD TRANSFUSION?

WHAT DO YOU MEAN BY ABO BLOOD GROUP?

WHAT IS AGGLUTINOGENS AND AGGLUTININ?

WHAT IS Rh FACTORS?

SPAN OF LIFE OF RBC WBC AND PLATELET .

### **SHORT TYPES QUESTION 5 MARKS**

WRITE DOWN THE FUNCTIONS OF BLOOD?

WRITE DOWN THE FUNCTIONS OF PLASMA PROTEIN?

WRITE DOWN THE FACTORS PREVENTING COAGULATION?

WRITE DOWN THE FACTORS PREVENTING COAGULATION?

WHAT ARE THE FUNCTIONS OF BONE MARROW?

FUNCTION OF RED BLOOD CORPUSCLES?

WRITE DOWN THE STRUCTURE OF HEMOGLOBIN? AND SYNTHESIS OF HEMOGLOBIN?

WRITE DOWN THE FUNCTION OF HEMOGLOBIN?

FUNCTION OF WHITE BLOOD CORPUSCLES?

FUNCTION OF PLATELETS?

WHAT DO YOU MEAN BY RH FACTOR? CLINICAL IMPORTANCE OF RH FACTORS?

WRITE DOWN THE HAZARDS OF INCOMPATIBLE BLOOD TRANSFUSION?

### **LONG QUESTION 10 MARKS**

IMPORTANCE OF COAGULATION OF BLOOD? OR

MECHANISM OF COAGULATION?

WRITE DOWN A SHORT NOTE ON BLOOD COAGULATION FACTORS

NUMERAL SYSTEM OF INTERNATIONAL NOMENCLATURE OF BLOOD COAGULATION FACTORS?

### **Cardiovascular system**

1. Discuss the structure of heart. 10

2. Define- 2\*3

a. artery

b. vein

### **Respiratory System**

#### **LONG QUESTIONS:**

1. Name different parts of the respiratory system with diagram.

2. Describe the mechanism of breathing.

3. Mention the steps of Oxygen transport from lungs to tissues.

4. Mention the steps of CO<sub>2</sub> transport from tissues to lungs.

5. What is O<sub>2</sub> Dissociation curve? Mention different factors influencing the curve.

6. Describe the Neural regulation of respiration.

7. Describe the chemical regulation of respiration.

8. Describe Chloride Shift with diagram.

### **SHORT QUESTIONS:**

1. What is diaphragm?
2. What is trachea?
3. Name the respiratory muscles and mention their function (one function for each).
4. What are Inspiration & Expiration?
5. Definition & Amount of different lung volumes.
6. What do you mean by Physiological & Anatomical Dead Space?
7. What is Hering Breuer Reflex?
8. What is J reflex?
9. What is Bohr Effect?
10. What is Haldane Effect?
11. What is Hamburger Phenomenon?

### **GI TRACT**

1. Write Components of gastrointestinal tract. 10 marks
  2. Draw a labelled diagram of GI Tract 5 marks
  3. Write short notes on Digestive glands: structure of salivary glands, gastric glands and intestinal glands. 5 marks
  4. Write short notes on Structure of pancreas and liver., 5 marks
  5. write short notes on Digestive secretions: salivary juice, gastric juice, pancreatic juices and intestinal juices. Bile and bile secretion. 5 marks
  6. Digestion and absorptions of carbohydrate, protein, lipid, fat soluble vitamins, water soluble vitamins(thiamine, riboflavin, niacin, pyridoxine, folate, vit B12, vit C), minerals (Ca, Fe, I, F, Cu, Zn) 10 marks
- 1 marks ques
1. Which vitamins are produced by bacteria in our large intestine?

2. Write four stages of stomach.
3. Write differences between small and large intestine.
4. How many pairs of salivary glands are present in human body and which gland produces high amount of saliva?
5. Write amount of saliva secretion in 24 hours.
6. What is the bacteriostatic enzymes of saliva?
7. What is the buffer of saliva?
8. Write the optimum temperature of ptyalin.
9. Mention the gaseous content of saliva.
10. What is the length of oesophagus?
11. What is the shape of stomach?
12. What are the 3 parts of stomach?
13. Write the total number of gastric glands.
14. What is the amount of secretion of gastric juice?
15. What is the pH of gastric juice?
16. Which substances protect stomach lining from HCL?
17. What are the different cells of stomach? write their secretion
18. What is chyme?
19. Importance of HCL In stomach .
20. Which enzyme is the stimulator of gastric juice secretions?
21. What is villi?
22. Write the cells of villus?
23. What is the cell of small intestine?
24. What is the function of brush border cell?
25. What is lacteal?
26. Intestinal juice and pancreatic juice are secreted from cell?
27. Write the name of various glands and cells of small intestine.
28. What is mixed gland?
29. What is islets of Langerhans?
30. Largest gland of human body.
31. What is the outer cover of liver?
32. What is the cells of liver?
33. What is the functions of mast cells of liver?
34. What are the functions of mast cells of liver.
35. Functions of kuffer cell of liver
36. Which blood coagulating protein is produced in liver?
37. Why liver is called "well equipped biochemical lab"?
38. Bile is produced in \_\_\_\_\_?
39. Bile is stored in \_\_\_\_\_.
40. Buffer in bile is \_\_\_\_\_.
41. Give example of bile acids.
42. Write differences between liver bile and gall bladder bile.



43. Write differences between salivary amylase and pancreatic amylase
44. Which material is secreted as well as excreted through liver?
45. Give example of proteolytic enzyme.
46. Write composition of chylomicrons.
47. Heparin is secreted from which cells of liver?
48. Give examples of endopeptidase.
49. Activator of pepsinogen is \_\_\_\_.

## **FNTDSC047T**

### **ELEMENTARYDIETETICSANDMENUPLANNING**

#### **CHAPTER1:DIETETICS AND DIETICIAN**

1. Write short notes on:

a) Dietetics

b) Dietitian

#### **CHAPTER2:FOODGROUPS**

1. SHORTNOTE

Five food groups

Food Pyramid

Gelatinization of starch

Maillard reaction

Convenience foods

Caramelization

2. Define food colours. Mention different types of food colours. Write its significance.

3. Explain the composition of tea, coffee, chocolate, and cocoa powder.

4. Discussing the details of toxic constituents present in pulses.

5. Describe the structure and composition of wheat.

6. Mention the advantages and disadvantages of parboiling of rice.

7. Discuss the medicinal value of different spices.

#### **CHAPTER3:DIETARYGUIDELINES**

What is RDA?

What is the Food Pyramid?

What is nutritive value?

Short notes

Classification of food, RDA, Dietary Guidelines for Indians, food pyramid.

#### **CHAPTER5:BASICS OF DIET THERAPY**

What is Therapeutic Diet?

What is modification of diet?

What is therapeutic adaptation?

Short notes

Concept of diet therapy, therapeutic adaptation of normal diet, classification of therapeutic diet, principles of therapeutic diet.

#### **CHAPTER6:DIET FOR HEALTH CARE**

What is healthcare?

What is counselling?

Short notes

Counselling, stages of counselling, assessment of patients' needs, approaches of counselling.

#### **CHAPTER7:ROUTINE HOSPITAL DIET**

Short notes

Routine Hospital Diet, light diet, regular diet, soft diet, fluid diet, enteral & parenteral diet

c. capillary

3. Discuss the properties of cardiac muscle. 5
4. Describe cardiac cycle. 10
5. Describe cardiac output. 10
6. Define heart rate. 2
7. Discuss heart rate. 5
8. Discuss heart sound. 5
9. What is ECG ? 2
10. What is normal and abnormal ECG. 5
11. Discuss systemic and pulmonary circulation. 5+5
12. What is blood pressure? 2
13. What is pulse pressure? 2
14. What is radial pressure? 2
15. What are the factors affecting blood pressure? 5
16. Discuss coronary circulation. 10

## **Respiratory System**

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