

GOVERNMENT ZIRTIRI RESIDENTIAL SCIENCE COLLEGE

Subject: Home Science

Paper name: Nutrition for the family

Paper No: HS : 405

Semester: IV

A. Multiple choice questions [25 (5 from each unit)]

1. Energy requirement for a man doing sedentary work is
 - (a) 2730 ()
 - (b) 3490 ()
 - (c) 2320 ()
 - (d) 2850 ()
2. The BMI of a reference woman is
 - (a) 21.2 ()
 - (b) 20.5 ()
 - (c) 20.3 ()
 - (d) 22.0 ()
3. While planning a balanced diet, inclusion of salads or raita helps to increase the content of
 - (a) Vitamin ()
 - (b) Fibre ()
 - (c) Mineral ()
 - (d) calorie
4. Iron requirement for a pregnant mother is
 - (a) 35 mg ()
 - (b) 21 mg ()
 - (c) 30 mg ()
 - (d) 38 mg ()
5. During pregnancy fatty foods, excessive seasoning may be restricted to reduce
 - (a) Gastric distress ()
 - (b) Constipation ()
 - (c) Diabetes ()
 - (d) Hypertension ()
6. An additional _____ kcal/day is required by the mother during the first six months of lactation.
 - (a) 550 ()
 - (b) 350 ()
 - (c) 600 ()
 - (d) 520 ()
7. The most important essential fatty acids for an infant is
 - (a) Linoleic acid ()
 - (b) Linolenic acid ()

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- (c) Arachidonic acid ()
(d) Prostaglandins ()
8. Protein requirement is increased during lactation by
(a) 20.0g ()
(b) 21.2 g ()
(c) 25 g ()
(d) 22.9 g ()
9. The first flow of breast milk which is thick, yellowish fluid is known as
(a) Transition milk ()
(b) Colostrum ()
(c) Foremilk ()
(d) Hindmilk ()
10. The hormone which is responsible for milk production is
(a) Estrogen ()
(b) Progesterone ()
(c) Prolactin ()
(d) Oxytocin ()
11. The pre-school child's diet should include curd everyday to reduce the incidence of
(a) Diarrhoea ()
(b) Undernutrition ()
(c) Pica ()
(d) PEM ()
12. If a pre-school child may not meet calorie and protein requirement due to improper weaning practices it may lead to
(a) Malabsorption ()
(b) Diarrhoea ()
(c) Malnutrition ()
(d) PEM ()
13. The packed lunch should meet one-third daily requirement of
(a) Calcium, Iron ()
(b) Calories, protein ()
(c) Protein, fat ()
(d) Minerals, vitamins ()
14. Calcium requirement for 10-12 years old children is
(a) 400-600 mg ()
(b) 500-600mg ()
(c) 200-400 mg ()
(d) 600-800mg ()
15. The food which is necessary for school going children is
(a) Breakfast ()
(b) Tea ()

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- (c) Packed lunch ()
- (d) Dinner ()
16. The supplements of which minerals increase pubertal growth in adolescents suffering from pubertal delay
- (a) Calcium ()
- (b) Phosphorus ()
- (c) Iron ()
- (d) Zinc ()
17. The common nutrition-related problems for elderly include
- (a) Depression ()
- (b) Arthritis ()
- (c) Osteoporosis ()
- (d) Parkinson's disease ()
18. The calorie intake for a sports person is between
- (a) 3000 – 6000 kcal ()
- (b) 2500 – 3500 kcal ()
- (c) 2800 – 3500 kcal ()
- (d) 1800 – 2500 kcal ()
19. _____ is a common eating disorder during adolescents
- (a) Bulimia nervosa ()
- (b) Obesity ()
- (c) Over nutrition ()
- (d) Anaemia ()
20. The elderly diet should be
- (a) Empty calorie ()
- (b) Fried foods ()
- (c) Soft and well cooked ()
- (d) Low fibre diet ()
21. An electrolyte which is important in maintaining acid-base is
- (a) Magnesium ()
- (b) Potassium ()
- (c) Chloride ()
- (d) Water ()
22. A method of preserving foods by preventing the growth of micro-organisms through the application of high temperatures is
- (a) Dehydration ()
- (b) Sterilization ()
- (c) Refrigeration ()
- (d) Chemical preservation ()
23. A measurements of human body reflect changes in morphological variation due to inappropriate food intake or malnutrition is

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- (a) Functional assessment ()
 - (b) Biochemical assessment ()
 - (c) Radiological assessment ()
 - (d) Anthropometric measurements ()
24. The need for food preservation include
- (a) Increases the shelf life ()
 - (b) Removes micro-organisms ()
 - (c) Destroy food enzymes ()
 - (d) Hinders the activity of micro-organisms ()
25. The _____ per cent total body weight is made of water
- (a) 50-60 ()
 - (b) 55-70 ()
 - (c) 60-70 ()
 - (d) 70-80 ()

B. Fill up the blanks [15 (3 from each unit)]

1. A _____ which contain different types of foods to meet the need for calories, proteins, minerals, vitamins and other nutrients.
2. Energy derived from cereals should not be more than _____ per cent.
3. _____ is usually occurs during pregnancy in which the swelling of the lower extremities may enlarging uterus on the veins returning fluids from the legs.
4. Milk of primiparae has a higher fat concentration than that of _____.
5. Home made or commercial processed foods can be given as _____.
6. During infancy _____ is necessary for normal brain development.
7. Consumption of non-food substances like charcoal, chalk, clay etc are called _____.
8. The school-age period has been called _____.
9. During school age, too much consumption of sticky sweets can result _____.
10. The period of transition from childhood to adulthood is called _____.
11. Intake of high-calorie diets and folic acid deficiency during old age increase the risk for _____ disease.
12. _____ requirements are increase for an athletes due to repair muscle trauma that results from repeated muscle contractions and for the repairs to injuries to muscle fibres.
13. Chemical compounds, which break up into their constituent ions, when dissolved in water, are known as _____.
14. The methods of preservation of food in sealed containers, usually after the application of heat, through steam under pressure is _____.
15. In clinical examination vitamin A deficiency can be detected through the _____.

Key Answers

- A. Multiple choice questions [replace x]

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|--------|-------|--------|--------|--------|--------|--------|
| 1. c) | 2. a) | 3. b) | 4.a) | 5. a) | 6.c) | 7. a) |
| 8. d) | 9. b) | 10. d) | 11. a) | 12. d) | 13. b) | 14. d) |
| 15. c) | 16.d) | 17.c) | 18. a) | 19.a) | 20.c) | 21.b) |
| 22.b) | 23.d) | 24.a) | 25.b) | | | |

B. Fill up the blanks [replace x]

1. Balanced diet
2. 75
3. Oedema
4. Multiparae
5. Weaning foods
6. Zinc
7. Pica
8. Latent time of growth
9. Dental caries
10. Adolescence
11. Alzheimer's
12. Protein
13. Electrolytes
14. Canning
15. Eyes