

2 0 2 5

(NEP—2020)

(3rd Semester)

HOME SCIENCE (MAJOR)

(Nutrition and Dietetics)

Full Marks : 75

Time : 3 hours

The figures in the margin indicate full marks for the questions

(SECTION : A—OBJECTIVE)

(Marks : 10)

Tick (✓) the correct answer in the brackets provided :

1×10=10

1. A condition that is involved in haemoglobin formation or poor absorption of dietary essentials is

- (a) anaemia () (b) PEM ()
(c) low birth weight () (d) IDD ()

2. Which is the most widely used prophylactic public health measure against endemic goitre?

- (a) Iodized oil () (b) Iodized water ()
(c) Iodized salt () (d) Iodized tablet ()

3. Maternal Mortality Rate in India in 2022 was

- (a) 90 per 100,000 live births ()
(b) 97 per 100,000 live births ()
(c) 88 per 100,000 live births ()
(d) 85 per 100,000 live births ()

4. Which State in India has the lowest IMR?
(a) Madhya Pradesh () (b) Kerala ()
(c) Karnataka () (d) Andhra Pradesh ()
5. The most common method used to assess the nutritional status of a community is
(a) anthropometry ()
(b) radiological measurement ()
(c) clinical examination ()
(d) dietary assessment ()
6. One of the basic skills of dietitian to develop her own plan of action is
(a) interviewing () (b) nutrition education ()
(c) consulting () (d) counselling ()
7. High-fibre diet is recommended for
(a) diarrhoea () (b) dysentery ()
(c) peptic ulcer () (d) constipation ()
8. Patients who are malnourished and underweight are prescribed
(a) low-calorie diet ()
(b) high-fibre diet ()
(c) high-calorie diet ()
(d) restricted carbohydrate diet ()
9. To reduce the incidence of LBW infants to about 10% is the goal of
(a) the Ministry of Health and Family Welfare ()
(b) the National Health Policy ()
(c) the National Nutritional Prophylaxis Programme ()
(d) the National Institute of Nutrition ()

10. The major nutrient for energy support in exercise is
- (a) fat () (b) protein ()
- (c) vitamin () (d) carbohydrate ()

(SECTION : B—SHORT ANSWERS)

(Marks : 25)

Write notes on/Answer *five* of the following, taking at least *one* from each Unit :

5×5=25

UNIT—I

1. What are the dietary measures to prevent anaemia?
2. Difference between Kwashiorkor and Marasmus

UNIT—II

3. Neonatal mortality rate
4. What are the causes of infant mortality rate?

UNIT—III

5. Assessment of adults
6. Dietitians

UNIT—IV

7. Bland diet
8. Vitamin and mineral requirements for athletes

(SECTION : C—DESCRIPTIVE)

(Marks : 40)

Answer *four* questions, taking *one* from each Unit :

10×4=40

UNIT—I

1. Explain the incidence and aetiology of iodine deficiency disorder. 3+7=10
2. What is low birth weight? How do you prevent low birth weight babies? 10

UNIT—II

3. What are the causes of maternal mortality? Write down the preventive measures to reduce maternal mortality. 5+5=10
4. Explain the factors contributing to infant mortality. 10

UNIT—III

5. What are the different dietary methods used to know the nutritional status of a community? 10
6. What are the different ways of using method in diet counselling and nutrition education? 10

UNIT—IV

7. Discuss the different ways of diet modification. 10
8. Explain the dietary guidelines for athletes. 10
