

TELANGANA UNIVERSITY
S.S.R. DEGREE COLLEGE, NIZAMABAD (C.C:5029)
V-SEMESTER INTERNAL ASSESSMENT-I EXAMINATIONS
NUTRITION QUESTION BANK
SUBJECT: APPLIED NUTRITION PUBLIC HEALTH

1. When food is given in the stomach or intestines directly then it is enteral nutrition
2. To overcome diabetes, a person can increase the intake of fats and reduce the intake of carbohydrates
3. Long periods of parental nutrition is not recommended because of cause GI tract degeneration
4. Vitamin-C in the large amounts harms the bones
5. The chemical score of gelatin is 0
6. Dextrose has the highest glycemic index
7. A substance needed by the body for growth energy, repair and maintenance is called a nutrient
8. Food passes through the stomach directly by the small intestine
9. A calorie is a unit of energy that indicates the amount of energy contained in food
10. Sardines is the best source for omega-3 fatty acids
11. The total iron content of the adult body is normally 3.5 to 4 gram
12. Physical activity processes are important in explaining obesity
13. Obesity is caused by an increase in Adiposity
14. The formula for the body mass index is persons weight in kilograms
15. The body consists of 4 compartments
16. Medical diagnosis of obesity is based on a BMI cut off point of 30.0
17. Most 75% hunter gatherer societies world wide derived 56-65% of their subsistence from animal foods
18. Alcohol contributes 7 calories per gram
19. Heart failure is a condition in which the heart can not pump enough blood to meet the bodys needs
20. Each year approximately how many men and women die from CHD 3.8 million men and 3.4 millions women
21. A substance needed by the body for growth energy repair and maintenance is called Nutrients
22. This mineral is essential for healthy red blood cells and deficiency might cause anemia Iron
23. When the food is directly given in the veins it is called parenteral nutrition
24. When food is given in the stomach or intestine directly then it is enteral nutrition
25. To overcome diabetes a person can increase the intake of carbohydrate and reduce the intake of fats
26. A person who is suffering from high blood pressure should cut down on sodium
27. Long periods of parental nutrition is not recommended because of the GI tract will start
28. Streptococcus pneumonia is salmonella typhoid
29. Widal test is carried out to test typhoid fever
30. Cholera and typhoid are represented diseases communicated through contaminated food and water
31. Coronary artery disease can be determined by CT heart cardiac scan test
32. The modifiable risk factor associated with coronary artery disease is high B.P high cholesterol
33. The probable cause of erythroblastosis fetalis is RH-negative blood
34. Diphtheria disease is not related to the circulatory system
35. The bodys main stress hormone is cortisol
36. Therapeutic diet is clear liquid diabetic diet modified version of a basic nutrition diet
37. Tuberculosis is an infectious disease caused by mycobacterium tuberculosis bacteria
38. Obesity is a complex multifactorial imbalance energy disease
39. Low density lipoprotein is called bad cholesterol
40. High density lipoprotein is called good cholesterol

1. Under weight

Ans: Under weight reveals low body mass relative to chronological age which is influenced by both child's weight and height

2. Obesity

Ans: A disorder involving excessive body fat that increases the risk of health problems obesity often results from taking in more calories than are burned by exercise and normal daily activities

3. Parental feeding

Ans: Parental nutrition is intravenous administration of nutrition which may include protein carbohydrates fat minerals and electrolytes vitamins

4. Atherosclerosis

Ans: A build up of cholesterol plaque in the walls of arteries causing obstruction of blood flow plaques may rupture causing acute occlusion of the artery by clot

5. Hypertension definition

Ans: Hypertension is also referred to as high blood pressure or high BP in common terms It is a medical condition in which the arterial blood pressure is elevated

6. Diabetics

Ans: Diabetics is a chronic, metabolic disease characterized by elevated levels of blood glucose, which leads over time to serious damage to the heart, blood vessels, eyes, kidneys and nerves

7. Enteral feeding

Ans: A feeding tube is a medical device used to provide nutrition to people who cannot obtain nutrition by mouth are unable to swallow safely or need nutritional supplementation

8. Insulin

Ans: Insulin is an essential hormone it helps your body turn food into energy and controls your blood sugar levels

9. Cardiovascular diseases

Ans: Cardiovascular disease (CVD) is a general term that describes a disease of the heart or blood vessels

10. Typhoid

Ans: An infectious bacterial fever with an eruption of red spots on the chest abdomen and several intestinal irritations