

SSR DEGREE COLLEGE, NIZAMABAD (5029)
DEPARTMENT OF NUTRITION
SEMESTER – IV , INTERNAL-I QUESTION BANK

1. **Carbohydrate** components are major nutrients in our food
2. **Proteins** food components is required for the growth and maintenance of the human body
3. **Carbohydrate** food components give energy to our body
4. **Whole grains** food items provides dietary fibre
5. **Milk** food products are the best source of animal proteins
6. **Calcium** minerals functions by building strong bones and teeth
7. Egg is a rich source of **proteins**
8. **Water** food components does not provides any nutrients
9. **Legumes** food items is the best source of plant proteins
10. **Butter, cheese and oil** food components is rich in fat
11. Guava lemon orange and tomato are rich in **vitamin-c**
12. Potatoes, cereals, beans, pulses and oats are rich in **carbohydrates**
13. **Iron and calcium** is the most significant and essential mineral required for our body
14. **Planning** describes one of the concepts that is crucial for the smooth running or an organization
15. **Selecting and alternative** step of the planning process the best and most feasible plan will be chosen to be implanted
16. Planning is the **primary first function** of the manager
17. Making assumption for the future is called **setting planning premises**
18. The composite plan which involves setting up a long term objective finding a course of action and allocation of resources is called **strategy**
19. The plan which includes objective, policy procedure and rule is called **programme**
20. Standardised way in which a task has to be performed is called **method**
21. According to food guide pyramid fats oils and sweets should be used **sparingly**
22. Vitamins minerals and proteins in suitable amounts are given to body by **nuts**
23. This food groups are in the food guide pyramid **milk and cheese**
24. How many food groups are in the food guide pyramid **five**
25. What food group do you need the most from the pyramid **grain**
26. Vegetable contain **vitamins**
27. **Oil salt and sugar** food group are on the top shelf of food pyramid
28. A group of food that provide similar nutrients **food group**
29. The energy you get from food can be measured in **calories**
30. Meat are generally considered to be good sources of **protein**
31. RDA full form **recommended dietary allowances**
32. Healthy normal weight women should gain approximately how many lbs during pregnancy **between 10kg and 12.5 kg (22lb to 28lb)**
33. How many minutes of physical activity should a pregnant mom be getting each day atleast **50 minuts**
34. Soya is high in **protein** nutrients
35. An example of a complex carbohydrate is **white rice**
36. Seafood consumption is limited due to the high **mercury polychlorinated phenyls** content
37. My healthy plate should consist of **vegetable and fruit**
38. Yughut belongs to **fermented milks** group
39. Boliing baking or frying to give the dishes varied **nutrients and favour**
40. **Food** needs depends on gender age, body size level of activity and health condition

1. Blanced diet

Ans: The proportional quantity of food items taken from different basic food groups it is known as balanced diet

2. Meal planning definition

Ans: Is the action of deciding meals in advance using your schedule preferences, foods on hand seasonal produce, sale items etc.

3. Food guide pyramid

Ans: A food pyramid is a representation of the optional number of serving to be eaten each day from each of the basic food groups

4. RDA

Ans: Recommended dietary allowance the average daily dietary intake level that is sufficient to meet the nutrient requirement of nearly all healthy

5. Adulthood

Ans: Adulthood the period in the human lifespan in which full physical and intellectual maturity have been attained

6. Define balanced diet

Ans: The proportion quantity of food items taken from different basic food groups it is known as balanced diet

7. Food pyramid

Ans: A food pyramid is representation of the optional number of serving to be eaten each day from each of the basic food groups

8. Infancy

Ans: It is the period which starts at the end of the first month up to the end of the first year of age

9. Meal planning

Ans: Is the action of deciding meals in advance using your schedule preferences, foods on hand seasonal produce, sale items etc

10. Location

Ans: The process of producing and releasing milk from the mammary glands in your breasts