

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

1. The period of **11 to 19 year** is known as adolescence
2. Reproductive organs attain maturity during **adolescence period**
3. The reproductive phase in women is from **menarche** to menopause
4. **Hormone** control the changes occurring during adolescence
5. This hormone is responsible for secondary sexual characteristics in male **testosteran**
6. **Depending of voice** changes do not occur in females during puberty
7. Ovulation generally takes place at the **day 14** of a menstrual cycle
8. Acrosome reaction is stimulated by **influx of ca+**
9. Male hormones are produced by **leyding cell**
10. The study of different aspects of ageing is known as **gerontology**
11. **Waste product** theory states that the accumulation of particular waste products leads to aeing
12. The human body loses cells regularly in this area **surface of skin**
13. **Thymus** is known as the clock of ageing
14. In many mammals even humans ageing can be due to **malnutrition and stress**
15. The activity of collagen protein is affected badly in old age due to **different becomes very high**
16. Brain and thymus are the **pacemaker theory** main factors in the ageing process
17. **Error catastrophe** theory states that accumulation of errors in cellular moleculatate affects ageing process
18. Degenerative changes take place during **ageing and metamorphosis**
19. The clinical test that is used for the diagnosis of typhoid is **widal**
20. Cancer causing genes are called **oncogenes**
21. Child development is the study of **pregency to addecence**
22. Adolescence is a state that is almost **10 to 19**
23. Blood pressure occurs in infancy **more**
24. The most important factor in the physical development of children is **nutrition**
25. How many months can a child easily sit without support **at 9 months**
26. **Happy** emotion would be faster in adolescence
27. **Adolsence** period of development is called period of extreme pressure and tension
28. At what stage should decent sex education be imported to hair **adolsence**
29. The period of infancy is by **birth by year**
30. Dhilds social development started in yastava **infancy**
31. Child development is affected by **the nurturing quadities of environement**
32. Initial development of a child depends mainly on **parents family members**
33. Wound healing is enhanced by **foods rich in vitamin-C**
34. The food group does cereal belongs to **carbohydrates**
35. Mal nutrition canlead to **the development of diseases** consequence
36. Midday meals were first started in **tamilnadu** state in india
37. Full form of NSPE **National society of professional engineers**
38. **Margarines** is an example of a hydrogenated fat
39. Carbohydrates must compose **45-65%** of a ddialy calorie intake
40. Protein must compose **10 to 35%** of a persons daily calorie intake

1. Geriatric definition

Ans: A branch of medicine that deals with the problems and diseases of old age and the medical care and treatment of aging people

2. Adolescence

Ans: The period of life when the body undergoes changes, leading to reproductive maturity

3. Pre schooler

Ans: It is the stage where child is 3 to 6 years of age. Growth during this period is relatively slow

4. Objective of cooking definition

Ans: To facilitate and fasten digestion so that the cooked food is absorbed by the digestive system and subsequently assimilated by the body

5. Moist heat

Ans: Moist heat cooking method uses water, liquid or steam to transfer heat to food

6. Midday meals

Ans: The midday meal scheme refers to the government of India programme introduced in all government elementary schools to provide children with cooked lunches

7. Adolescence

Ans: Adolescence is a transitional stage of physical and psychological development that generally occurs during the period from puberty to adulthood

8. Define anaemia

Ans: Anemia is a condition in which the body does not have enough healthy red blood cells

9. Anthropometric

Ans: Anthropometry is the science that defines physical measures of a person's size, form and functional capacities

10. Define geriatrics

Ans: From a chronological viewpoint, medical treatment of an elderly starts from the age of 65 years old