

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

1. What is meant by an energy balance in nutrition equilibrium between energy intake and energy expenditure
2. In a cold climate more energy is required, why Body temperature
3. How much protein does an average adult male require each day to remain healthy 72g
4. Cooking starch in moist conditions may cause th gelatinise it
5. This provides the greatest energy value per gram of nutrient fat
6. The everyday dietary requirement of an average adult active moderately is approximately 2500 kcal.
7. Presence of RBC in urine is known as Hematuria
8. The disease characterized by extreme muscle weakness and brownish pigmentation of the buccal cavity and skin is Addison's disease
9. This disease is not related to the circulatory system Diphtheria
10. This can help on the diagnosis of the genetic basis of a disorder PCR
11. Fasting blood glucose 126 mg / dl confirmed values meet the diagnostic threshold for diabetes
12. Insulin deficiency is associated with keto genesis
13. The risk factors for type 2 diabetes mellitus include being over weight
14. The pathogenesis of hyperglycemia in type 2 diabetes includes all the mechanisms except for impaired insulin secretion
15. The test for checking mean plasma glucose concentration over the previous 8-10 weeks is haemoglobin
16. Hypoglycemia is not a beneficial effect of exercise in people with diabetes
17. Metformin is the first-line drug for patients with type 2 diabetes and obesity
18. Energy released by catabolic pathways is stored in how many forms Two
19. Catabolic pathways result in disassemble of the molecules
20. How many molecules of ATP are formed per molecule of oxidation of glucose 36 ATP

21. **Carbohydrate** components are major nutrients in our food
22. **Proteins** food components is required for the growth and maintenance of the human body
23. **Carbohydrate** food components give energy to our body
24. **Whole grains** food items provides dietary fibre
25. **Milk** food products are the best source of animal proteins
26. **Calcium** minerals functions by building strong bones and teeth
27. Egg is a rich source of proteins
28. **Water** food components does not provides any nutrients
29. **Legumes** food items is the best source of plant proteins
30. **Butter, cheese and oil** food components is rich in fat

31. Guava, lemon, orange, and tomato are rich in **vitamin-c**
32. Potatoes, cereals, beans, pulses, and oats are rich in **carbohydrates**
- 33. Iron and calcium** is the most significant and essential mineral required for our body
- 34. Planning** describes one of the concepts that is crucial for the smooth running of an organization
- 35. Selecting and alternative** step of the planning process the best and most feasible plan will be chosen to be implemented
36. Planning is the **primary first function** of the manager
37. Making assumption for the future is called **setting planning premises**
38. The composite plan which involves setting up a long term objective, finding a course of action, and allocation of resources is called **strategy**
39. The plan which includes objective, policy, procedure, and rule is called **programme**
40. Standardised way in which a task has to be performed is called **method**

1. **Energy metabolism**

Ans: Energy metabolism is the process of converting nutrients into energy, or adenosine triphosphate (ATP). It involves a series of chemical reactions that can occur with or without oxygen

2. **Energy balance**

Ans: Energy balance is the state where the amount of calories consumed equals the amount of calories burned

3. **Diabetics**

Ans: Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Glucose is your body's main source of energy

4. **Adulthood**

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

5. **Define balanced diet**

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

6. **Food pyramid**

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

7. **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

8. **Meal planning**

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

9. **Atherosclerosis**

Ans: Atherosclerosis is a condition where plaque builds up in the walls of arteries, causing them to thicken and harden

10. **Hypertension**

Ans: Hypertension, also known as high blood pressure, is a condition where the pressure of blood in your arteries is consistently too high