

TELANGANA UNIVERSITY
S.S.R. DEGREE COLLEGE, NIZAMABAD (C.C:5029)
III - SEMESTER INTERNAL ASSESSMENT – II EXAMINATIONS
NUTRITION
QUESTION BANK

I. Multiple Choice Questions (MCQs) with Answers

1. Therapeutic nutrition refers to:

- a) Nutrition for healthy people
- b) Nutrition used for treatment of diseases
- c) Nutrition for athletes
- d) Nutrition for children

✔ **Answer: b) Nutrition used for treatment of diseases**

2. The main aim of therapeutic diet is to:

- a) Increase body weight
- b) Prevent and manage diseases
- c) Improve taste
- d) Add variety in meals

✔ **Answer: b) Prevent and manage diseases**

3. Dietary supplements are used to:

- a) Replace meals
- b) Provide additional nutrients
- c) Reduce calories
- d) Add flavor

✔ **Answer: b) Provide additional nutrients**

4. Enteral feeding means:

- a) Feeding through the mouth
- b) Feeding through the gastrointestinal tract using a tube
- c) Feeding through veins
- d) Feeding only liquids

✔ **Answer: b) Feeding through the gastrointestinal tract using a tube**

5. Parenteral feeding means:

- a) Feeding through the digestive tract

- b) Feeding through intravenous route
- c) Feeding by mouth
- d) Feeding through nasogastric tube

✔ **Answer: b) Feeding through intravenous route**

6. Consistency modification in diets refers to:

- a) Changing color
- b) Changing texture (liquid, soft, solid)
- c) Changing flavor
- d) Changing temperature

✔ **Answer: b) Changing texture (liquid, soft, solid)**

7. Fevers are classified into:

- a) Viral and bacterial
- b) Exogenous and endogenous
- c) Chronic and acute
- d) Long and short

✔ **Answer: b) Exogenous and endogenous**

8. The causative organism of typhoid fever is:

- a) Staphylococcus aureus
- b) Salmonella typhi
- c) Streptococcus pneumoniae
- d) Vibrio cholerae

✔ **Answer: b) Salmonella typhi**

9. The diet during fever should be:

- a) High in fat
- b) Soft, easily digestible, and high in fluids
- c) High in fiber
- d) High in spicy food

✔ **Answer: b) Soft, easily digestible, and high in fluids**

10. In tuberculosis, the diet should be:

- a) High in protein and calories
- b) Low in protein
- c) High in fat only

d) Low in carbohydrates

✔ **Answer: a) High in protein and calories**

11. The causative organism of tuberculosis is:

a) Salmonella typhi

b) Mycobacterium tuberculosis

c) Escherichia coli

d) Vibrio cholerae

✔ **Answer: b) Mycobacterium tuberculosis**

12. A key dietary principle for tuberculosis patients is:

a) Low-calorie diet

b) High-protein, vitamin-rich diet

c) Low-carbohydrate diet

d) High-sodium diet

✔ **Answer: b) High-protein, vitamin-rich diet**

13. Nutrient modification means changing:

a) Quantity of nutrients like protein, fat, carbohydrates

b) Type of cooking method

c) Meal timing

d) Food flavor

✔ **Answer: a) Quantity of nutrients like protein, fat, carbohydrates**

14. Diet therapy is important because it:

a) Replaces medical treatment

b) Supports medical treatment and recovery

c) Delays healing

d) Increases hunger only

✔ **Answer: b) Supports medical treatment and recovery**

15. Phenylketonuria (PKU) is caused due to a defect in metabolism of:

a) Glucose

b) Phenylalanine

c) Fatty acids

d) Vitamins

✔ **Answer: b) Phenylalanine**

16. The missing enzyme in PKU is:

- a) Amylase
- b) Phenylalanine hydroxylase
- c) Lipase
- d) Lactase

✔ **Answer: b) Phenylalanine hydroxylase**

17. In PKU, the diet should be:

- a) High in phenylalanine
- b) Low in phenylalanine
- c) High in protein
- d) High in sugar

✔ **Answer: b) Low in phenylalanine**

18. Inborn errors of metabolism are:

- a) Acquired diseases
- b) Genetic disorders present from birth
- c) Infectious diseases
- d) Vitamin deficiencies

✔ **Answer: b) Genetic disorders present from birth**

19. Food allergy is a reaction of:

- a) Digestive system
- b) Immune system
- c) Circulatory system
- d) Endocrine system

✔ **Answer: b) Immune system**

20. The safest management of food allergy is:

- a) Eating small amounts of the allergen
- b) Avoiding the allergenic food completely
- c) Taking more vitamins
- d) Drinking water after eating allergen

✔ **Answer: b) Avoiding the allergenic food completely**

I.Fill in the Blanks (with Answers)

1. Therapeutic nutrition is used for the treatment and management of **diseases**.
2. **Diet therapy modifies the** normal diet to suit a patient's condition.
3. **Enteral feeding** delivers nutrients through the gastrointestinal tract.
4. **Parenteral feeding** provides nutrition through the intravenous route.
5. Consistency modification means changing the **texture of food**.
6. Fevers are classified as **exogenous and endogenous**.
7. The causative organism of typhoid fever is **Salmonella typhi**.
8. The diet during fever should be **soft, bland**, and **rich in fluids**.
9. Tuberculosis is caused by **Mycobacterium tuberculosis**.
10. In tuberculosis, the diet should be high in **protein and calories**.
11. Therapeutic diets may modify nutrients, consistency, and **methods of feeding**.

12. Inborn errors of metabolism are **genetic disorders** that affect metabolism.
13. **Phenylketonuria** occurs due to deficiency of phenylalanine hydroxylase enzyme.
14. In **PKU, foods rich** in phenylalanine should be avoided.
15. **Food allergy** involves the immune system's abnormal reaction to food.
16. The best treatment for food allergy is complete avoidance of **allergenic food**.
17. Therapeutic nutrition aims to **maintain or restore health**.
18. Nutrient modification adjusts the amount of **carbohydrates, proteins, and fats**.
19. In fever, body metabolism increases, so **energy and fluids** are important.
20. Enteral and parenteral feeding are **special feeding methods** used in hospitals

II. One word questions

1. Typhoid fever

ANS :- Typhoid fever is a life-threatening infection that affects millions of people each year. A certain strain of salmonella bacteria causes it. Typhoid fever is rare in places where few people carry the bacteria.

2 .Adjuncts to diet therapy.

ANS:-Adjuncts to diet therapy are supplemental treatments used alongside a primary dietary plan to enhance its effectiveness in managing a specific health condition. While diet is the foundation of treatment, adjuncts provide additional benefits, such as correcting nutritional deficiencies, reducing inflammation, or improving the function of specific organs.

3. Tuberculosis

ANS:-Tuberculosis (TB) is an infectious disease caused by bacteria that most often affects the lungs. It spreads through the air when people with TB cough, sneeze or spit.

4. Galactosemia

ANS :-Galactosemia is a rare genetic disorder where the body can't properly metabolize the sugar galactose, found in milk and dairy products. Symptoms, which can be life-threatening in newborns, include poor feeding, vomiting, jaundice, and liver damage.

5. Lactose intolerance

ANS :-Lactose intolerance is a condition that makes it hard to digest the sugar in milk and milk products, called lactose. People with lactose intolerance often have diarrhea, gas and bloating after eating or drinking foods containing lactose.

6. Food Allergy

ANS:-A food allergy is an abnormal immune response to a food protein, causing symptoms ranging from mild (like hives) to severe, life-threatening anaphylaxis. Symptoms can include swelling, breathing trouble, vomiting, and digestive issues, appearing within minutes to hours after eating the offending food.