

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. Nephritis mainly affects which organ?

- a) Liver
- b) Kidney
- c) Lungs
- d) Heart

✓ **Answer: b) Kidney**

2. The main dietary restriction in nephritis is:

- a) Low fat
- b) Low protein and low sodium
- c) High calcium
- d) High sugar

✓ **Answer: b) Low protein and low sodium**

3. Nephrosis is commonly known as:

- a) Kidney stone disease
- b) Nephrotic syndrome
- c) Liver inflammation
- d) Cardiac edema

✓ **Answer: b) Nephrotic syndrome**

4. In nephrosis, the diet should be rich in:

- a) Sodium
- b) Protein
- c) Carbohydrate and low fat
- d) Fiber

✓ **Answer: c) Carbohydrate and low fat**

5. Renal failure can be:

- a) Acute or chronic
- b) Infectious or non-infectious
- c) Temporary or permanent
- d) Mild or severe only

✔ **Answer: a) Acute or chronic**

6. In renal failure, protein intake should be:

- a) High
- b) Low
- c) Normal
- d) Very high

✔ **Answer: b) Low**

7. Renal calculi is commonly known as:

- a) Kidney stones
- b) Liver stones
- c) Bone weakness
- d) Stomach ulcers

✔ **Answer: a) Kidney stones**

8. For oxalate stones, foods to be avoided include:

- a) Milk and butter
- b) Spinach and beetroot
- c) Rice and wheat
- d) Apple and banana

✔ **Answer: b) Spinach and beetroot**

9. Acid ash diet is useful in:

- a) Alkaline urine condition
- b) Kidney infection
- c) Diabetes
- d) Heart disease

✔ **Answer: a) Alkaline urine condition**

10. Alkaline ash diet helps to:

- a) Reduce urine pH
- b) Prevent uric acid stones

- c) Increase sodium
- d) Promote acid secretion

✔ **Answer: b) Prevent uric acid stones**

11. Arthritis primarily affects:

- a) Joints
- b) Lungs
- c) Liver
- d) Brain

✔ **Answer: a) Joints**

12. A common symptom of arthritis is:

- a) Headache
- b) Joint pain and stiffness
- c) Cough
- d) Vision problems

✔ **Answer: b) Joint pain and stiffness**

13. Gout results from the accumulation of:

- a) Calcium
- b) Uric acid
- c) Oxalic acid
- d) Lactic acid

✔ **Answer: b) Uric acid**

14. Foods to be avoided in gout include:

- a) High-purine foods like meat and fish
- b) Milk and fruits
- c) Bread and butter
- d) Rice and dal

✔ **Answer: a) High-purine foods like meat and fish**

15. Cancer is caused due to:

- a) Uncontrolled cell growth
- b) Lack of vitamins
- c) Hormone imbalance only
- d) Overeating

✔ **Answer: a) Uncontrolled cell growth**

16. Diet for cancer patients should be:

- a) High calorie, high protein
- b) Low calorie, low fat
- c) High salt
- d) High sugar

✔ **Answer: a) High calorie, high protein**

17. AIDS stands for:

- a) Acquired Immunodeficiency Syndrome
- b) Advanced Immune Disease Syndrome
- c) Active Infection Disorder Syndrome
- d) Auto Immune Disease Syndrome

✔ **Answer: a) Acquired Immunodeficiency Syndrome**

18. AIDS is caused by:

- a) Bacteria
- b) Virus
- c) Fungi
- d) Parasite

✔ **Answer: b) Virus**

19. The virus causing AIDS is:

- a) HBV
- b) HIV
- c) HCV
- d) HPV

✔ **Answer: b) HIV**

20. Prevention of AIDS includes:

- a) Avoiding unsafe sex and blood contact
- b) Avoiding sugar
- c) Eating more protein
- d) Exercising daily only

✔ **Answer: a) Avoiding unsafe sex and blood contact**

II.Fill in the Blanks (with Answers)

1. Nephritis is the inflammation of the kidneys.
2. In nephritis, the diet should be low in sodium and protein.
3. Nephrosis is also known as nephrotic syndrome.
4. Renal failure can be of two types: acute and chronic.
5. In renal failure, protein intake should be restricted.
6. Renal calculi are also called kidney stones.
7. In oxalate stones, foods rich in oxalic acid are avoided.
8. Acid ash diet helps to make urine more acidic.
9. Alkaline ash diet helps to make urine more alkaline.
10. Arthritis mainly affects the joints.
11. Joint pain and stiffness are the common symptoms of arthritis.
12. Gout is caused by excess uric acid in the blood.
13. Foods rich in purines should be avoided in gout.
14. Cancer is a disease of uncontrolled cell growth.
15. The diet for cancer patients should be high in protein and calories.
16. AIDS stands for Acquired Immunodeficiency Syndrome.
17. The virus causing AIDS is HIV.
18. AIDS spreads mainly through sexual contact and infected blood.
19. Immunity means the body's ability to fight infections.
20. Balanced diet helps in the prevention and management of all diseases.

III. ONE WORD QUESTIONS

1. Nephritis

ANS :-Nephritis is an inflammation of the kidneys that can damage their ability to filter waste from the blood. Caused by infections, autoimmune diseases like lupus, or other conditions, it can lead to symptoms such as foamy or dark urine, swelling, high blood pressure, and fatigue.

2. Nephrosis

ANS :-Nephrotic syndrome is a kidney disorder that causes your body to pass too much protein in your urine.

3. Renal Failure

ANS :-Kidney failure, also called renal failure, is when your kidneys no longer work well enough to keep you alive. Acute kidney failure is when you lose kidney function quickly and your kidney function can recover over time.

4. Arthritis

ANS :-Arthritis means redness and swelling (inflammation) of a joint. A joint is where 2 or more bones meet. There are more than 100 different arthritis diseases.

5. Cancer

ANS :-Cancer refers to any one of a large number of diseases characterized by the development of abnormal cells that divide uncontrollably and have the ability to infiltrate and destroy normal body tissue.

6. Gout

ANS :-Gout is a painful form of arthritis. When your body has extra uric acid, sharp crystals can form in your joints (usually your big toe). Flare-ups of symptoms like pain and swelling come and go in periods called gout attacks.

7. Renal Calculi

8. ANS :-Kidney stones are hard objects made of minerals and salts in urine. They form inside the kidneys. You may hear healthcare professionals refer to kidney stones as renal calculi, nephrolithiasis or urolithiasis. Kidney stones have various causes.

9. Renal Denal disease

ANS:-Renal or kidney disease is when the kidneys are damaged and cannot filter blood effectively, leading to a buildup of waste in the body. The most common causes are diabetes and high blood pressure, but other causes include genetic disorders, infections, and injuries. Early stages may show no symptoms, but advanced stages can cause nausea, swelling, fatigue, and changes in urination.