

SSR Degree College Autonomous
Faculty of Science
Department of Nutrition
PG Semester-1, Paper-4
Subject: Principles of Dietetics
Internal-1 Question Bank

SECTION – A: MULTIPLE CHOICE QUESTIONS

1. The primary role of a dietitian in a hospital setting is
a) Drug prescription b) Nutritional assessment c) Surgery d) Physiotherapy
→ **Ans: b**
2. Interpersonal relationship with patients mainly improves
a) Diagnosis b) Compliance c) Billing d) Medication → **Ans: b**
3. BMI is calculated using
a) Height only b) Weight only c) Height & weight d) Age → **Ans: c**
4. SGA stands for
a) Standard Growth Analysis b) Serum Glucose Assessment c) Subjective Global Assessment d) Systemic Growth Analysis → **Ans: c**
5. MNA screening is mainly used for
a) Children b) Adults c) Elderly d) Pregnant women → **Ans: c**
6. Serum albumin is an indicator of
a) Hydration b) Protein status c) Vitamin status d) Mineral levels → **Ans: b**
7. MUST tool identifies
a) Diabetes b) Malnutrition c) Hypertension d) Cancer → **Ans: b**
8. Nutritional counselling focuses on
a) Surgery b) Lifestyle guidance c) Radiology d) Pathology → **Ans: b**
9. Diet modification is mainly needed for
a) Taste b) Disease management c) Colour improvement d) Cost reduction
→ **Ans: b**
10. Clear fluid diet includes
a) Milk b) Tea without milk c) Custard d) Ice cream → **Ans: b**
11. Nasogastric tube is used for
a) Long-term feeding b) Short-term feeding c) Parenteral feeding d) Oral feeding → **Ans: b**
12. Gastrostomy feeding is
a) Oral method b) Long-term stomach feed c) IV feeding d) Rectal feeding → **Ans: b**
13. Pump feeding allows
a) Fast delivery b) Controlled continuous feeding c) High-fat feeding d) Cheaper feeding → **Ans: b**

14. TPN stands for
a) Total Protein Nutrition b) Total Parenteral Nutrition c) Therapeutic Parenteral Nutrition d) Total Preventive Nutrition → **Ans: b**
15. Parenteral nutrition is given through
a) Mouth b) Stomach c) Veins d) Rectum → **Ans: c**
16. Burns increase metabolic rate due to
a) Sleep loss b) Stress response c) Exercise d) Fasting → **Ans: b**
17. First priority in post-operative nutrition is
a) Raw salads b) Hydration c) Heavy meals d) Spicy food → **Ans: b**
18. Jejunostomy feeding bypasses the
a) Mouth b) Esophagus c) Stomach d) Colon → **Ans: c**
19. Major complication of enteral feeding is
a) Muscle cramps b) Aspiration c) Weight gain d) Fever → **Ans: b**
20. Peripheral parenteral nutrition is used for
a) Long-term support b) Short-term support c) High-calorie needs d) Burns only → **Ans: b**

SECTION – B: FILL IN THE BLANKS

1. The administrative, community and hospital duties of nutrition are handled by a dietitian.
2. Relationship between dietitian and patient is called interpersonal relationship.
3. Nutritional counselling involves giving lifestyle and dietary guidance.
4. Height and weight are used to calculate BMI.
5. SGA stands for Subjective Global Assessment.
6. MNA is mainly used for assessing the elderly.
7. MUST is a screening tool for malnutrition.
8. Serum albumin is a biochemical indicator of protein status.
9. Diet modification is needed for disease management.
10. Clear fluid diet includes tea without milk.
11. Nasogastric tube is used for short-term feeding.
12. Gastrostomy is a long-term feeding method.
13. Enteral feeding by pump delivers feed continuously in controlled rate.
14. TPN stands for Total Parenteral Nutrition.
15. Parenteral nutrition is administered through veins.
16. Burns increase metabolic needs due to stress response.
17. Post-operative care prioritizes hydration.
18. Jejunostomy feeding bypasses the stomach.
19. A major complication of enteral feeding is aspiration.
20. PPN is used for short-term nutritional support.

SECTION – C: DESCRIPTIVE QUESTIONS

1. Explain in detail the role and responsibilities of a dietitian in hospital, community and administrative settings.

2. Describe nutritional assessment methods including Anthropometry, BMI, SGA, MNA and MUST.
3. Explain enteral nutrition, its types, methods of delivery, advantages and complications.
4. Describe parenteral nutrition, types (TPN/PPN), composition and clinical indications.