

**SSR DEGREE COLLEGE (AUTONOMOUS) NIZAMABAD**  
**SEM – I INTERNAL – II**  
**HUMAN NUTRITION**  
**INTERNAL QUESTION BANK**

**CHOOSE THE CORRECT ANSWERS**

1. A major gross motor milestone achieved by most preschool children is

- A. Sitting without support
- B. Crawling
- C. Running and jumping
- D. Head control

✓ Correct Answer: C

2. Growth charts are mainly used to

- A. Diagnose diseases
- B. Measure intelligence
- C. Assess growth and nutritional status
- D. Plan immunization

✓ Correct Answer: C

3. A normal preschool child shows growth that is

- A. Very rapid
- B. Irregular
- C. Slow and steady
- D. Completely stopped

✓ Correct Answer: C

4. The nutrient most essential for growth in preschool children is

- A. Fat
- B. Protein
- C. Carbohydrate
- D. Fiber

✓ Correct Answer: B

5. While planning diet for preschool children, importance should be given to

- A. Large portion size
- B. Attractive presentation and variety
- C. Spicy foods
- D. Fast foods

✓ Correct Answer: B

6. Which factor strongly influences food acceptance in preschool children?

- A. Peer pressure
- B. Television advertisements
- C. Parental feeding practices
- D. School rules

✓ Correct Answer: C

7. The main nutritional need during school age is to

- A. Prevent aging
- B. Support rapid growth
- C. Maintain health and learning ability
- D. Promote weight loss

✓ Correct Answer: C

8. Iron deficiency in school-going children commonly leads to

- A. Obesity
- B. Night blindness
- C. Anemia
- D. Rickets

✓ Correct Answer: C

9. A healthy packed lunch for school children should be

- A. High in sugar
- B. Attractive, balanced and easy to eat
- C. Mainly fried foods
- D. Only snacks

✓ Correct Answer: B

10. Which of the following is the best option for a packed lunch?

- A. Chips and soft drink
- B. Burger and fries
- C. Vegetable sandwich and fruit
- D. Chocolate and cake

✓ Correct Answer: C

11. While planning diet for school-going children, emphasis should be on

- A. Skipping breakfast
- B. Balanced meals and regular timings
- C. High calorie junk foods
- D. Restricting fluids

✓ Correct Answer: B

12. Excessive television viewing in children often leads to

- A. Improved appetite

- B. Better food choices
- C. Increased consumption of junk food
- D. Improved digestion
- ✓ Correct Answer: C

13. Television advertisements mainly influence children to prefer
- A. Fruits and vegetables
  - B. Homemade foods
  - C. Fast foods and sugary snacks
  - D. Milk and cereals
  - ✓ Correct Answer: C

14. Adolescence is characterized by
- A. Complete physical maturity
  - B. Rapid physical and psychological changes
  - C. Slow growth
  - D. Decline in appetite
  - ✓ Correct Answer: B

15. The sudden increase in height during adolescence is known as
- A. Growth arrest
  - B. Growth spurt
  - C. Weight gain
  - D. Pubertal delay
  - ✓ Correct Answer: B

16. Hormones responsible for growth and sexual maturation during adolescence include
- A. Insulin only
  - B. Thyroxine only
  - C. Growth hormone and sex hormones
  - D. Adrenaline only
  - ✓ Correct Answer: C

17. Nutritional requirement of adolescents is high mainly due to
- A. Reduced activity
  - B. Rapid growth and development
  - C. Aging process
  - D. Less appetite
  - ✓ Correct Answer: B

18. Skipping meals during adolescence may lead to
- A. Improved health
  - B. Nutrient deficiencies
  - C. Better concentration

D. Increased immunity

✓ Correct Answer: B

19. Anorexia nervosa is a condition characterized by

A. Excessive eating

B. Normal appetite

C. Severe fear of weight gain

D. High protein intake

✓ Correct Answer: C

20. Teenage pregnancy is associated with

A. Better nutritional status

B. No health risk

C. Increased risk to mother and baby

D. Improved growth

✓ Correct Answer: C

### **FILL IN THE BLANKS**

1. With aging, there is a gradual decrease in \_\_\_\_\_ mass and strength.

Answer: Muscle

2. Reduction in bone density in elderly people leads to \_\_\_\_\_.

Answer: Osteoporosis

3. Aging is commonly associated with a decrease in \_\_\_\_\_ metabolic rate.

Answer: Basal

4. One common physiological change in aging is reduced \_\_\_\_\_ sensation.

Answer: Taste

5. Elderly people often require \_\_\_\_\_ rich foods to prevent constipation.

Answer: Fiber

6. Soft and easily digestible foods are recommended due to poor \_\_\_\_\_ in geriatric individuals.

Answer: Dentition (chewing ability)

7. Hypertension and diabetes are examples of \_\_\_\_\_ diseases common in old age.

Answer: Chronic

8. Arthritis mainly affects the \_\_\_\_\_ of elderly individuals.

Answer: Joints

9. Visual impairment in old age is commonly due to \_\_\_\_\_.

Answer: Cataract

10. Difficulty in walking among elderly people is considered a \_\_\_\_\_.

Answer: Disability

11. Regular exercise helps in improving \_\_\_\_\_ fitness and endurance.

Answer: Cardiovascular

12. Exercises such as running and cycling are classified as \_\_\_\_\_ exercises.

Answer: Aerobic

13. The immediate source of energy during short-duration, high-intensity exercise is \_\_\_\_\_ phosphate.

Answer: Creatine

14. Glucose is stored in muscles and liver in the form of \_\_\_\_\_.

Answer: Glycogen

15. During prolonged exercise, \_\_\_\_\_ become the major source of energy.

Answer: Fats

16. Proteins mainly help in \_\_\_\_\_ and repair of body tissues in athletes.

Answer: Growth

17. Carbohydrates are required in higher amounts to maintain \_\_\_\_\_ stores in athletes.

Answer: Glycogen

18. The meal consumed before an athletic event is known as the \_\_\_\_\_ meal.

Answer: Pre-event

19. Loss of water and electrolytes during exercise occurs mainly through \_\_\_\_\_.

Answer: Sweat

20. Substances used to enhance athletic performance are called \_\_\_\_\_ aids.

Answer: Ergogenic.

## **LONG QUESTION AND ANSWERS**

1) Write about ergogenic aids?

2) Write about benefits of exercise and types?

- 3) Write about physiological changes in aging?
- 4) Write about nutritional requirements during adolescence?
- 5) Write about water and electrolyte balances?