

SSR Degree College Autonomous (NIZAMABAD)
Department of Nutrition
PG Semester-1, Paper-4
Subject: Principles of Dietetics
Internal-2
Question Bank

SECTION – A: MULTIPLE CHOICE QUESTIONS

1. Obesity is defined as excess accumulation of
a) Water b) Fat c) Protein d) Minerals → **Ans: b**
2. Body Mass Index above _____ indicates obesity
a) 18.5 b) 22.5 c) 25 d) 30 → **Ans: d**
3. Behaviour modification in obesity mainly includes
a) Surgery b) Diet control c) Changing eating habits d) Medication →
Ans: c
4. Leanness is mainly caused by
a) Overeating b) Undernutrition c) Obesity d) Diabetes → **Ans: b**
5. In gastritis, the stomach lining becomes
a) Thickened b) Hardened c) Inflamed d) Atrophied → **Ans: c**
6. Peptic ulcer commonly occurs in
a) Large intestine b) Pancreas c) Liver d) Stomach & duodenum → **Ans: d**
7. Diarrhea results in excessive loss of
a) Water and electrolytes b) Protein c) Fat d) Calcium → **Ans: a**
8. Constipation is characterized by
a) Frequent stools b) Hard stools c) Watery stools d) Bloody stools →
Ans: b
9. Celiac disease is caused by intolerance to
a) Lactose b) Gluten c) Casein d) Fructose → **Ans: b**
10. Diverticular disease mainly affects the
a) Stomach b) Small intestine c) Large intestine d) Esophagus → **Ans: c**
11. Fever increases metabolic rate by about
a) 2% per °C b) 7% per °C c) 13% per °C d) 25% per °C → **Ans: c**
12. Typhoid is a _____ duration fever
a) Short b) Long c) Intermittent d) Chronic → **Ans: a**
13. Malaria is an example of
a) Continuous fever b) Intermittent fever c) Remittent fever d) Chronic fever → **Ans: b**
14. Tuberculosis is a
a) Long-term disease b) Viral disease c) Acute disease d) Short-term disease → **Ans: a**

15. NSAIDs are mainly used as
a) Antibiotics b) Pain relievers c) Antivirals d) Sedatives → **Ans: b**

16. Pharmacokinetics deals with
a) Drug movement in body b) Drug action c) Drug manufacture d) Drug storage → **Ans: a**

17. Absorption of tetracycline is reduced by
a) Fruits b) Milk c) Vegetables d) Meat → **Ans: b**

18. Antipyretics are drugs used to reduce
a) Pain b) Allergy c) Fever d) Infection → **Ans: c**

19. Grapefruit juice mainly affects drug
a) Absorption b) Metabolism c) Excretion d) Storage → **Ans: b**

20. Drug–nutrient interaction may affect
a) Taste only b) Appetite only c) Colour of food d) Drug efficacy → **Ans: d**

SECTION – B: FILL IN THE BLANKS

1. Obesity is caused by excess accumulation of body fat.
2. BMI above 30 kg/m² indicates obesity.
3. Behaviour modification helps in changing eating habits.
4. Leanness is mainly due to undernutrition.
5. Gastritis is inflammation of the stomach lining.
6. Peptic ulcer occurs in the stomach and duodenum.
7. Diarrhea causes loss of water and electrolytes.
8. Constipation is associated with hard stools.
9. Celiac disease is due to intolerance to gluten.
10. Diverticular disease affects the large intestine.
11. Fever increases metabolic rate by about 13% per °C.
12. Typhoid is a short-duration febrile illness.
13. Malaria produces intermittent fever.
14. Tuberculosis is a long-term disease.
15. NSAIDs are used mainly as pain relievers.
16. Pharmacokinetics studies drug movement in the body.
17. Milk reduces absorption of tetracycline.
18. Drugs that reduce fever are called antipyretics.
19. Grapefruit juice affects drug metabolism.
20. Drug–nutrient interaction may alter drug effectiveness.

SECTION – C: DESCRIPTIVE QUESTIONS

1. Explain obesity with reference to its definition, types, causes, complications, and management.
2. Describe the etiology, symptoms, treatment, and dietary management of peptic ulcer and diarrhea.

3. Explain the metabolic changes during fever and discuss the nutritional management in typhoid and malaria.
4. Describe drug–nutrient interactions. Explain how food affects drug absorption, metabolism, and excretion with examples.