

TELANGANA UNIVERSITY
SSR DEGREE COLLEGE NIZAMABAD
PG SEM-4 INTERNAL -2 QNBK
SUBJECT:- PEDIATRIC NUTRITION

I. Multiple Choice Questions

1. Congenital heart disease (CHD) is primarily:
A. Acquired after birth
B. Present at birth
C. Due to infection only
D. Due to diet
Answer: B
2. A major factor affecting growth in children with CHD is:
A. Overeating
B. Increased energy expenditure
C. Low vitamin intake
D. Excess sleep
Answer: B
3. Pediatric dyslipidemia refers to:
A. Low sugar levels
B. Abnormal lipid levels
C. High protein levels
D. Low mineral levels
Answer: B
4. Juvenile diabetes is also known as:
A. Type 2 diabetes
B. Type 1 diabetes
C. Gestational diabetes
D. Secondary diabetes
Answer: B
5. The main cause of Type 1 diabetes is:
A. Obesity
B. Insulin resistance
C. Autoimmune destruction of beta cells
D. High carbohydrate intake
Answer: C
6. A key diagnostic criterion for diabetes is elevated:
A. Blood pressure
B. Blood glucose
C. Hemoglobin
D. Calcium
Answer: B

7. Medical Nutrition Therapy in diabetes mainly focuses on:
- A. High fat intake
 - B. Balanced diet control
 - C. High sugar intake
 - D. No protein intake

Answer: B

8. Hypoglycemia means:
- A. High blood sugar
 - B. Low blood sugar
 - C. High fat levels
 - D. Low insulin

Answer: B

9. Diabetic ketoacidosis is due to:
- A. Excess insulin
 - B. Lack of insulin
 - C. High calcium
 - D. Low protein

Answer: B

10. The dawn phenomenon is characterized by:
- A. Night-time hypoglycemia
 - B. Early morning hyperglycemia
 - C. Low insulin levels
 - D. Low glucose levels

Answer: B

11. HIV primarily affects the:
- A. Digestive system
 - B. Immune system
 - C. Skeletal system
 - D. Nervous system

Answer: B

12. ART stands for:
- A. Advanced Research Therapy
 - B. Anti-Retroviral Therapy
 - C. Active Recovery Treatment
 - D. Artificial Response Therapy

Answer: B

13. A major nutritional issue in HIV-infected children is:
- A. Obesity
 - B. Malnutrition
 - C. Hypercalcemia
 - D. Hypertension

Answer: B

14. Type I hypersensitivity is also called:
- A. Delayed reaction
 - B. Immediate reaction
 - C. Cytotoxic reaction
 - D. Immune complex reaction

Answer: B

15. A common food allergen is:
A. Rice
B. Apple
C. Peanut
D. Wheat
Answer: C
16. PKU (Phenylketonuria) is a disorder of:
A. Fat metabolism
B. Protein metabolism
C. Carbohydrate metabolism
D. Mineral metabolism
Answer: B
17. Galactosemia is caused by inability to metabolize:
A. Glucose
B. Galactose
C. Fructose
D. Lactose
Answer: B
18. Maple Syrup Urine Disease affects metabolism of:
A. Vitamins
B. Branched-chain amino acids
C. Fatty acids
D. Minerals
Answer: B
19. Wilson's disease involves excess accumulation of:
A. Iron
B. Calcium
C. Copper
D. Zinc
Answer: C
20. Ketogenic diet is commonly used in:
A. Diabetes
B. Epilepsy
C. HIV
D. Obesity
Answer: B

II.Fill in the Blanks

1. CHD stands for **congenital heart disease**.
2. Children with CHD often have increased **energy** requirements.
3. Abnormal lipid levels are called **dyslipidemia**.
4. Juvenile diabetes is **Type 1 diabetes**.
5. Type 1 diabetes is caused by destruction of **beta cells**.
6. Diabetes is diagnosed by elevated **blood glucose** levels.
7. Diet management in diabetes is called **medical nutrition therapy**.
8. Low blood sugar is known as **hypoglycemia**.
9. High blood sugar is known as **hyperglycemia**.
10. Diabetic ketoacidosis occurs due to lack of **insulin**.

11. HIV weakens the **immune system**.
12. ART stands for **anti-retroviral therapy**.
13. HIV-infected children often suffer from **malnutrition**.
14. Type I hypersensitivity is an **immediate** reaction.
15. Milk is a common **food allergen**.
16. PKU requires restriction of **phenylalanine**.
17. Galactosemia requires elimination of **galactose**.
18. MSUD affects metabolism of **branched-chain amino acids**.
19. Wilson's disease involves excess **copper**.
20. Ketogenic diet is high in **fat**.

III. One Word Answers

1. Alkaptonuria

A rare **inborn error of metabolism** in which the body cannot properly break down **tyrosine**, leading to accumulation of homogentisic acid that causes dark urine and joint problems.

2. Juvenile Diabetes

Also known as **Type 1 diabetes mellitus**, it is a condition where the pancreas produces little or no insulin due to autoimmune destruction of beta cells, commonly occurring in children.

3. AIDS (Acquired Immunodeficiency Syndrome)

A severe condition caused by HIV infection, characterized by progressive damage to the immune system, leading to increased susceptibility to infections and diseases.

4. Wilson's Disease

A genetic disorder in which excessive **copper accumulates** in the liver, brain, and other tissues due to impaired copper metabolism.

5. Autism

A **neurodevelopmental disorder** characterized by difficulties in social interaction, communication, and repetitive behaviors, typically appearing in early childhood.

6. Hypoglycemia

A condition in which **blood glucose levels fall below normal**, causing symptoms like sweating, dizziness, confusion, and weakness.

7. Toddlers

Children in the age group of approximately **1 to 3 years**, characterized by rapid growth and development.

8. Galactosemia

An inherited metabolic disorder in which the body cannot metabolize **galactose**, leading to toxic accumulation when lactose-containing foods are consumed.

9. Neutropenic Diet

A special diet designed for individuals with low neutrophil counts, focusing on **reducing exposure to infections** by avoiding raw or contaminated foods.

10. PKU (Phenylketonuria)

A genetic disorder where the body cannot metabolize **phenylalanine**, leading to its accumulation, which can cause brain damage if untreated.