

TELANGANA UNIVERSITY
Faculty of Science
Department of Nutrition
PG Semester – IV
Paper- III: Clinical Nutrition and Immunology
Internal – I Question Bank

SECTION – A: Multiple Choice Questions

1. Stress is defined as
a) Body's response to any demand or challenge
b) Lack of nutrients
c) A state of complete rest
d) Only emotional disturbance → **Ans: a**
2. Eustress refers to
a) Harmful stress
b) Positive stress
c) Chronic stress
d) Negative stress → **Ans: b**
3. Cortisol secretion increases during
a) Digestion
b) Relaxation
c) Stress
d) Sleep → **Ans: c**
4. The central nervous system mainly consists of
a) Kidneys and liver
b) Muscles and bones
c) Heart and lungs
d) Brain and spinal cord → **Ans: d**
5. Meditation is mainly practiced for
a) Stress management
b) Digestion
c) Weight gain
d) Blood formation → **Ans: a**
6. Yoga helps in
a) Increasing infections
b) Maintaining mental and physical balance
c) Increasing stress
d) Reducing appetite only → **Ans: b**
7. Naturopathy mainly emphasizes
a) Drug overdose
b) Radiation therapy
c) Natural methods of healing
d) Surgery → **Ans: c**
8. Nutritional screening is done to identify
a) Eye colour
b) Height only
c) Nutritional risk
d) Blood group → **Ans: c**
9. Clinical data in nutrition assessment includes
a) Weather conditions
b) Medical history and physical examination
c) Colour of clothes
d) Handwriting style → **Ans: b**
10. Biochemical parameters are useful to assess
a) Personality
b) Exercise habits only
c) Income
d) Nutritional status → **Ans: d**
11. BMI stands for
a) Blood Mass Indicator
b) Basal Metabolic Intake
c) Body Measurement Indicator
d) Body Mass Index → **Ans: d**

12. Nutritional counselling mainly aims to
 - a) Promote healthy eating habits
 - b) Increase stress
 - c) Avoid exercise
 - d) Reduce immunity → **Ans: a**
13. Exchange list helps in
 - a) Measuring blood pressure
 - b) Planning diets
 - c) Increasing infections
 - d) Diagnosing diseases → **Ans: b**
14. Nutritional supplements are given to
 - a) Replace water
 - b) Increase toxins
 - c) Correct nutrient deficiencies
 - d) Stop metabolism → **Ans: c**
15. Follow-up in nutrition care process helps to
 - a) Increase complications
 - b) Ignore patient progress
 - c) Avoid treatment
 - d) Monitor improvement → **Ans: d**
16. Hospitalized patients are assessed to determine
 - a) Nutritional requirements
 - b) Hair style
 - c) Eye colour
 - d) Hand size
 → **Ans: a**
17. Exercise helps in stress management by
 - a) Weakening muscles
 - b) Improving relaxation and fitness
 - c) Increasing depression
 - d) Decreasing circulation → **Ans: b**
18. Chronic stress may lead to
 - a) Faster healing only
 - b) Better immunity
 - c) Health disorders
 - d) Increased appetite only → **Ans: c**
19. Nutrition care plan includes
 - a) Entertainment
 - b) Transportation
 - c) Decoration
 - d) Assessment and intervention → **Ans: d**
20. Stress affects the immune system by
 - a) Suppressing immune responses
 - b) Improving immunity permanently
 - c) Increasing digestion
 - d) Stopping hormone secretion → **Ans: a**

SECTION – B: Fill in the Blanks

1. **Stress** is the body's response to challenges or demands.
2. Positive stress is called **eustress**.
3. **Cortisol** is known as the stress hormone.
4. The brain and spinal cord form the **CNS**.
5. Stress may suppress **immune** function.
6. Meditation helps in **mental relaxation**.
7. **Yoga** improves flexibility and mental peace.
8. **Naturopathy** uses natural healing methods.
9. Nutritional screening identifies patients at **nutritional risk**.
10. **Clinical** data includes physical examination findings.
11. **Biochemical** parameters include blood test values.

12. **BMI** is used to assess body weight status.
13. Nutritional counselling promotes **healthy food** habits.
14. Exchange list is useful in **diet planning**.
15. Nutritional supplements help correct **deficiencies**.
16. **Follow-up** is important for monitoring patient progress.
17. Hospital diets are modified according to **patient condition**.
18. Exercise reduces **stress** and improves **health**.
19. Chronic stress can affect **hormone** secretion.
20. Nutrition care process includes **assessment, intervention, and evaluation**.

SECTION – C: Descriptive Questions

1. Define stress and explain the different types of stress.
2. Explain the effects of stress on hormone secretion.
3. Describe different methods of stress management such as meditation, yoga, exercise, and diet therapy.
4. Explain the nutrition care process and its importance in patient management.
5. Describe nutritional assessment methods including clinical data, biochemical parameters, and nutritional screening.