

TELANAGANA UNIVERSITY
Department of Nutrition
PG Nutrition Sem-4 Internal-1 Question Bank
PAPER – 2 PEDIATRIC NUTRITION

I.MULTIPLE CHOICE QUESTIONS

10 X ½ =5

1. Normal Growth & Assessment

1. Average weight of a 5-year-old child is:

- A) 15 kg
- B) 18 kg
- C) 20 kg
- D) 25 kg

✓Answer: B

2. MUAC is used to assess:

- A) Height
- B) Weight
- C) Nutritional status
- D) Blood pressure

✓Answer: C

3. Head circumference at birth is approximately:

- A) 30 cm
- B) 34 cm
- C) 40 cm
- D) 45 cm

✓Answer: B

4. Which factor affects growth?

- A) Genetics
- B) Nutrition
- C) Infection
- D) All of the above

✓Answer: D

5. Respiratory rate is part of:

- A) Anthropometry
- B) Physical examination
- C) Biochemical test
- D) Diet assessment

✓Answer: B

6. Protein is mainly needed for:

- A) Energy
- B) Tissue repair
- C) Hydration
- D) Digestion

✓Answer: B

7. During critical illness, metabolism is:

- A) Decreased
- B) Normal
- C) Increased
- D) Stopped

✓Answer: C

8. TPN means:

- A) Tube feeding
- B) Oral feeding
- C) IV feeding
- D) None

✓Answer: C

9. EN stands for:

- A) External nutrition
- B) Enteral nutrition
- C) Energy nutrition
- D) Essential nutrition

✓Answer: B

10. Immunonutrient example:

- A) Glucose
- B) Arginine
- C) Fat
- D) Water

✓Answer: B

11. PEM stands for:

- A) Protein Energy Malnutrition
- B) Poor Energy Metabolism
- C) Protein Electrolyte Malnutrition
- D) None

✓Answer: A

12. MUAC < 11.5 cm indicates:

- A) Normal
- B) Moderate malnutrition
- C) Severe malnutrition

D) Obesity

✓Answer: C

13. First phase of PEM management:

A) Rehabilitation

B) Restoration

C) Resuscitation

D) Recovery

✓Answer: C

14. Cause of PEM:

A) Infection

B) Poor diet

C) Poverty

D) All

✓Answer: D

15. Best treatment for dehydration in diarrhoea:

A) Antibiotics

B) ORS

C) Vitamins

D) Protein

✓Answer: B

16. ORT stands for:

A) Oral Rehydration Therapy

B) Oxygen Therapy

C) Oral Recovery Treatment

D) None

✓Answer: A

17. Constipation is managed by:

A) Low fiber

B) High fiber

C) No food

D) High fat

✓Answer: B

18. Which is an IBD condition?

A) Crohn's disease

B) Diabetes

C) Hypertension

D) Asthma

✓Answer: A

19. In hepatitis, diet should be:

- A) High fat
- B) High carbohydrate
- C) Low protein
- D) No diet

✓Answer: B

20. Nephrotic syndrome diet includes:

- A) High sodium
- B) Low sodium
- C) No protein
- D) High sugar

✓Answer: B

II. FILL IN THE BLANKS 10 X ½ =5

1. Average weight formula (1–6 yrs) = _____ + 8

✓Answer: Age × 2

2. Height formula (2–12 yrs) = _____ + 77

✓Answer: Age × 6

3. Head circumference at birth is about _____ cm

✓Answer: 34

4. MUAC stands for _____

✓Answer: Mid Upper Arm Circumference

5. Infection and nutrition form a _____ cycle

✓Answer: Vicious

6. Protein is needed for _____ repair

✓Answer: Tissue

7. TPN is given through _____ route

✓Answer: Intravenous

8. EN means _____ nutrition

✓Answer: Enteral

9. PEM stands for _____

✓Answer: Protein Energy Malnutrition

10. SAM means _____

✓Answer: Severe Acute Malnutrition

11. MUAC < _____ cm indicates SAM

✓Answer: 11.5

12. First phase of PEM management is _____

✓Answer: Resuscitation

13. ORS is used in _____

✓Answer: Diarrhoea

14. ORT stands for _____

✓Answer: Oral Rehydration Therapy

15. Persistent diarrhoea causes _____

✓Answer: Malabsorption

16. Constipation requires _____ fiber diet

✓Answer: High

17. Ulcerative colitis is a type of IBD

18. Hepatitis affects the _____

✓Answer: Liver

19. Nephrotic syndrome requires _____ sodium diet

✓Answer: Low

20. Chronic renal failure requires _____ protein diet

✓Answer: Low

III. One Word Answers

5 x ½ =5

1. Define Anthropometry

ANS :- Anthropometry is the measurement of the physical dimensions and composition of the human body, such as weight, height, head circumference, and MUAC, used to assess growth, development, and nutritional status, especially in children.

2. Define Physical examination

ANS:-Physical examination is the systematic assessment of a patient's body by a healthcare professional using observation, palpation, percussion, and auscultation to evaluate vital signs (like temperature, pulse, respiratory rate, blood pressure) and detect any abnormalities from head to toe.

3. Acute diarrhoea:

Acute diarrhoea is the sudden onset of frequent loose or watery stools lasting less than 14 days, often caused by infection.

4. Constipation:

Constipation is the condition of infrequent, hard, or difficult passage of stools, usually less than three times per week.

5. Nephrotic syndrome:

Nephrotic syndrome is a kidney disorder characterized by excess protein loss in urine (proteinuria), swelling (edema), low blood protein, and high cholesterol levels.

6. Blood pressure:

Blood pressure is the force exerted by circulating blood on the walls of blood vessels, usually measured as systolic and diastolic pressure.

7. Respiratory rate:

Respiratory rate is the number of breaths taken per minute, indicating the breathing pattern of an individual.

8. Renal diseases:

Renal diseases are conditions that affect the structure or function of the kidneys, leading to impaired filtration, fluid balance, and waste removal.

IV Assignment

1 x 5 = 5