

**SSR DEGREE COLLEGE AUTONOMOUS NIZAMABAD**  
**DEPARTMENT OF NUTRITION**  
**INTERNAL ASSIGNMENT-I QUESTION BANK**  
**SEMESTER -3**  
**PAPER- NORMAL AND THERUPETIC NUTRITION**

**I. MULTIPLE CHOICE QUESTIONS**

1. RDA stands for:

- A) Recommended Dietary Allowance ✓ B) Required Daily Amount C) Recommended Diet Analysis D) Required Diet Assessment

Answer: A

2. Which factor affects RDA?

- A) Age B) Sex C) Physical activity D) All of the above ✓

Answer: D

3. Meal planning should be based on:

- A) Nutritional needs ✓ B) Cost only C) Taste only D) Colour only

Answer: A

4. The first step in meal planning is:

- A) Knowing nutritional requirements ✓ B) Cooking food C) Serving food D) Shopping

Answer: A

5. Adult men generally require:

- A) More energy than women ✓ B) Less energy than women  
C) Equal energy D) No energy

Answer: A

6. During pregnancy, protein requirement:

- A) Increases ✓ B) Decreases C) Remains same D) Stops

**Answer: A**

**7. Which hormone is mainly responsible for milk production?**

**A) Prolactin ✓ B) Insulin C) Thyroxine D) Cortisol**

**Answer: A**

**8. Oxytocin helps in:**

**A) Milk ejection ✓ B) Digestion C) Respiration D) Vision**

**Answer: A**

**9. Lactogogues are:**

**A) Foods that promote milk production ✓ B) Vitamins C) Enzymes D) Minerals**

**Answer: A**

**10. A common complication of pregnancy is:**

**A) Anemia ✓ B) Asthma C) Tuberculosis D) Cataract**

**Answer: A**

**11. Best food for infants is:**

**A) Breast milk ✓ B) Soft drinks C) Tea D) Coffee**

**Answer: A**

**12. Exclusive breastfeeding is recommended for:**

**A) 6 months ✓ B) 2 months C) 12 months D) 18 months**

**Answer: A**

**13. Weaning should begin at:**

**A) 6 months ✓ B) Birth C) 2 years D) 3 years**

**Answer: A**

**14. Supplementary feeding starts:**

**A) After 6 months ✓ B) At birth C) At 3 years D) At 5 years**

**Answer: A**

**15. Human milk contains:**

**A) Antibodies ✓ B) Alcohol C) Caffeine D) Nicotine**

**Answer: A**

**16. Mid-day meal programme is for:**

**A) School children ✓ B) Adults C) Elderly D) Pregnant women**

**Answer: A**

**17. Adolescence is characterized by:**

**A) Rapid growth ✓ B) No growth C) Weight loss only D) Aging**

**Answer: A**

**18. Iron requirement increases during:**

**A) Adolescence ✓ B) Old age C) Infancy only D) None**

**Answer: A**

**19. Anorexia nervosa is:**

**A) Eating disorder ✓ B) Eye disease C) Skin disease D) Heart disease**

**Answer: A**

**20. Bulimia nervosa is:**

**A) Eating disorder ✓ B) Liver disease C) Kidney disease D) Lung disease**

**Answer: A**

**21. Geriatrics refers to:**

A) Elderly people ✓ B) Children C) Teenagers D) Pregnant women

Answer: A

22. Elderly people generally require:

A) Less energy ✓ B) More alcohol C) More sugar D) No protein

Answer: A

23. Diet modification in old age helps:

A) Maintain health ✓ B) Increase disease C) Reduce immunity D) Cause obesity

Answer: A

24. Meal planning should consider:

A) Income B) Food habits C) Nutritional needs D) All of the above ✓

Answer: D

25. Balanced diet means:

A) Diet containing all nutrients in proper amounts ✓ B) Only carbohydrates  
C) Only proteins D) Only fats

Answer: A

## II.Fill in the Blanks

1. RDA stands for Recommended Dietary Allowance.

2. Meal planning should provide a balanced diet.

3. Energy requirement depends on physical activity.

4. Protein requirement increases during pregnancy.

5. The hormone responsible for milk production is Prolactin.

6. Milk ejection is controlled by Oxytocin.
7. Foods that increase milk production are called Lactogogues.
8. The best food for an infant is Breast milk.
9. Exclusive breastfeeding is recommended for 6 months.
10. Weaning begins at 6 months.
11. Additional foods given after six months are called Supplementary foods.
12. Human milk contains antibodies.
13. School lunch programme improves nutrition.
14. Adolescence is a period of rapid growth.
15. Iron requirement is higher during adolescence.
16. Anorexia nervosa is an eating disorder.
17. Bulimia nervosa is also an eating disorder.
18. Geriatrics deals with the elderly.
19. Elderly people need dietary modification.
20. Calcium is essential for healthy bones.
21. Pregnancy increases the need for iron.
22. Adult men generally require more energy than women.
23. Meal planning should consider food habits.
24. A balanced diet contains all nutrients.

25. RDA varies according to age

### **III. DESCRIPTIVE QUESTIONS**

1. Define RDA Explain factors affecting RDA
2. Write about Adulthood nutritional requirements for an adult man and adult woman
3. Define pregnancy Explain physiological changes increase in nutritional requirements complications.
4. Write about infancy nutritional requirement important of breastfeeding
5. Write about pre- schoolers and school going children