

SSR Degree & PG College Autonomous
Faculty of Science
Department of Nutrition
PG Semester-2, Paper-4
Subject: Diet in Disease
Internal-2 Question Bank

SECTION – A: MULTIPLE CHOICE QUESTIONS

1. Acute pancreatitis is characterized by
a) Inflammation of the pancreas b) Inflammation of the liver
c) Inflammation of the kidney d) Inflammation of the stomach → **Ans: a**
2. The hormone responsible for lowering blood glucose is
a) Glucagon b) Insulin c) Cortisol d) Adrenaline → **Ans: b**
3. The Glycemic Index (GI) indicates
a) Protein content of food b) Mineral content of food c) Rate at which a food raises blood glucose d) Water content of food → **Ans: c**
4. Addison's disease is caused by deficiency of hormones from the
a) Thyroid gland b) Pituitary gland c) Pancreas d) Adrenal cortex
→ **Ans: d**
5. Hypothyroidism is associated with
a) Decreased metabolic rate b) Increased metabolic rate
c) Increased insulin secretion d) Increased blood pressure only → **Ans: a**
6. Hyperthyroidism commonly causes
a) Weight gain b) Weight loss c) Bradycardia d) Constipation → **Ans: b**
7. A high-fibre diet is recommended in diabetes because it
a) Increases blood glucose rapidly b) Reduces fluctuations in blood glucose
c) Prevents insulin secretion d) Increases fat deposition → **Ans: b**
8. Which of the following is a complication of diabetes mellitus?
a) Cataract b) Nephropathy c) Neuropathy d) All of the above
→ **Ans: d**
9. Hypertension is defined as
a) Low blood pressure b) High blood pressure c) Low blood sugar
d) High body temperature → **Ans: b**
10. Excess dietary sodium increases the risk of
a) Osteoporosis b) Anaemia c) Hypertension d) Hypoglycaemia
→ **Ans: c**
11. Atherosclerosis is characterized by
a) Fat deposition in arterial walls b) Bone degeneration
c) Kidney stone formation d) Liver inflammation → **Ans: a**
12. Coronary artery disease mainly affects the
a) Brain b) Heart c) Liver d) Kidneys → **Ans: b**

13. Rheumatoid arthritis is primarily a
 - a) Bacterial disease
 - b) Autoimmune disorder
 - c) Viral disease
 - d) Nutritional deficiency disease → **Ans: b**
14. Gout is caused by excess accumulation of
 - a) Calcium
 - b) Cholesterol
 - c) Uric acid
 - d) Glucose → **Ans: c**
15. Osteoarthritis mainly affects the
 - a) Liver
 - b) Lungs
 - c) Skin
 - d) Joints → **Ans: d**
16. Chemotherapy is commonly used in the treatment of
 - a) Diabetes
 - b) Cancer
 - c) Hypertension
 - d) Arthritis → **Ans: b**
17. AIDS is caused by infection with
 - a) HBV
 - b) HIV
 - c) HCV
 - d) HPV → **Ans: b**
18. Nutritional management during cancer aims to
 - a) Maintain nutritional status
 - b) Increase tumour growth
 - c) Stop digestion
 - d) Eliminate insulin secretion → **Ans: a**
19. Exercise is an important part of management of
 - a) Diabetes mellitus
 - b) Hyperthyroidism only
 - c) Addison's disease only
 - d) Acute pancreatitis only → **Ans: a**
20. Exchange list is mainly used for planning diets in
 - a) Osteoarthritis
 - b) Hypertension only
 - c) Diabetes mellitus
 - d) Cancer only → **Ans: c**

SECTION – B: FILL IN THE BLANKS

1. Acute pancreatitis is the sudden inflammation of the pancreas.
2. Insulin is the hormone responsible for lowering blood glucose levels.
3. Glucagon increases blood glucose levels.
4. The Glycemic Index (GI) indicates the rate at which carbohydrate-containing foods raise blood glucose.
5. Dietary fibre helps in controlling postprandial blood glucose levels.
6. Addison's disease is caused by hypofunction of the adrenal cortex.
7. Cushing's syndrome results from excessive secretion of cortisol.
8. Hypothyroidism is characterized by decreased secretion of thyroid hormones.
9. Hyperthyroidism is characterized by increased secretion of thyroid hormones.
10. Hypertension is defined as persistently elevated blood pressure.
11. Atherosclerosis is caused by deposition of lipids in arterial walls.
12. Coronary artery disease (CAD) affects the blood vessels supplying the heart.
13. Rheumatoid arthritis is an autoimmune disorder affecting the joints.
14. Osteoarthritis is a degenerative disease of the joints.
15. Gout occurs due to excessive accumulation of uric acid.
16. Chemotherapy is a common treatment modality for cancer.
17. Radiotherapy uses ionizing radiation to destroy cancer cells.
18. HIV is the causative agent of AIDS.
19. Balanced nutrition is essential during the treatment of cancer.

20. **Exercise** is an important component in the management of diabetes mellitus.

SECTION – C: DESCRIPTIVE QUESTIONS

1. Explain the etiology, symptoms, diagnosis, and dietary management of Diabetes Mellitus.
2. Discuss the dietary management of Hypothyroidism and Hyperthyroidism.
3. Explain the causes, symptoms, treatment, and dietary management of Hypertension and Cardiovascular Diseases.
4. Describe the etiology, symptoms, and dietary management of Rheumatoid Arthritis, Osteoarthritis, and Gout.
5. Explain the causes, metabolic changes, treatment, and nutritional management of Cancer and AIDS.