

**SSR DEGREE AND PG COLLEGE NIZAMABAD**

**FACULTY OF SCIENCE**

**DEPARTMENT OF NUTRITION**

**SEM-5 INTERNAL ASSESSMENT-I QUESTION BANK 2026**

**I. Multiple Choice Questions (MCQs)**

1. Pre-operative nutritional assessment is mainly done to:

- A) Increase body weight
- B) Identify nutritional risk and deficiencies
- C) Reduce fluid intake
- D) Increase drug absorption

Answer: B) Identify nutritional risk and deficiencies

2. The period before surgery is called:

- A) Post-operative period
- B) Pre-operative period
- C) Recovery period
- D) Rehabilitation period

Answer: B) Pre-operative period

3. The main purpose of pre-operative nutrition support is to:

- A) Improve nutritional status and prepare the patient for surgery
- B) Cause weight loss
- C) Increase blood glucose only
- D) Reduce protein intake

Answer: A) Improve nutritional status and prepare the patient for surgery

4. Post-operative nutrition is important mainly for:

- A) Wound healing and recovery
- B) Increasing infection
- C) Reducing immunity
- D) Causing dehydration

Answer: A) Wound healing and recovery

5. Which nutrient is especially important for wound healing?

- A) Protein
- B) Alcohol
- C) Caffeine
- D) Cholesterol

Answer: A) Protein

6. Burns generally cause:

- A) Decreased metabolic rate
- B) Increased metabolic rate
- C) No metabolic changes
- D) Complete cessation of metabolism

Answer: B) Increased metabolic rate

7. Severe burns can result in increased:

- A) Energy and protein requirements
- B) Calcium storage only
- C) Water production
- D) Vitamin elimination only

Answer: A) Energy and protein requirements

8. A major nutritional concern in severe burns is:

- A) Increased protein breakdown
- B) Reduced oxygen requirement
- C) Reduced energy expenditure
- D) Increased fat storage only

Answer: A) Increased protein breakdown

9. Immunonutrition refers to:

- A) Nutrition aimed at modifying immune response
- B) Treatment only with antibiotics
- C) Complete fasting
- D) Nutrition without protein

Answer: A) Nutrition aimed at modifying immune response

10. Which of the following is considered an immunonutrient?

- A) Glutamine
- B) Alcohol
- C) Caffeine
- D) Cholesterol

Answer: A) Glutamine

11. Omega-3 fatty acids are important in immunonutrition because they can influence:

- A) Inflammatory responses
- B) Bone length

- C) Hair colour
- D) Blood group

Answer: A) Inflammatory responses

12. Adequate nutrition after surgery helps in:

- A) Tissue repair and recovery
- B) Delaying wound healing
- C) Increasing complications
- D) Reducing immunity

Answer: A) Tissue repair and recovery

13. Drug–nutrient interaction means:

- A) Interaction between a drug and a nutrient that affects their action or availability
- B) Interaction between two vitamins only
- C) Digestion of carbohydrates
- D) Formation of proteins

Answer: A) Interaction between a drug and a nutrient that affects their action or availability

14. The movement and processing of a drug through the body is called:

- A) Pharmacokinetics
- B) Immunity
- C) Metabolism only
- D) Nutrition

Answer: A) Pharmacokinetics

15. ADME stands for:

- A) Absorption, Distribution, Metabolism and Excretion

- B) Absorption, Digestion, Metabolism and Energy
- C) Activity, Digestion, Movement and Excretion
- D) Absorption, Distribution, Mineralization and Energy

Answer: A) Absorption, Distribution, Metabolism and Excretion

16. Food can affect drug:

- A) Absorption
- B) Distribution
- C) Metabolism
- D) All of the above

Answer: D) All of the above

17. Some drugs may affect the absorption of:

- A) Nutrients
- B) Oxygen only
- C) Water only
- D) Hormones only

Answer: A) Nutrients

18. Long-term use of some drugs may lead to:

- A) Nutrient deficiency
- B) Increased nutrient absorption in all cases
- C) No nutritional effect
- D) Complete immunity

Answer: A) Nutrient deficiency

19. Tetracycline absorption can be reduced by interaction with:

- A) Calcium
- B) Vitamin C
- C) Glucose
- D) Fibre only

Answer: A) Calcium

20. Grapefruit juice is known to interact with certain drugs mainly by affecting:

- A) Drug metabolism
- B) Bone formation
- C) Protein synthesis
- D) Blood group

Answer: A) Drug metabolism

21. Drugs may affect food intake by causing:

- A) Nausea and loss of appetite
- B) Improved taste in all cases
- C) Increased appetite in all cases
- D) No gastrointestinal effects

Answer: A) Nausea and loss of appetite

22. A drug causing nausea may directly affect:

- A) Food intake
- B) Bone density only
- C) Hair growth
- D) Blood group

Answer: A) Food intake

23. Dietary fibre may affect the absorption of some:

- A) Drugs
- B) Proteins only
- C) Minerals only
- D) Water only

Answer: A) Drugs

24. The liver is an important organ for:

- A) Drug metabolism
- B) Food chewing
- C) Oxygen transport
- D) Bone formation

Answer: A) Drug metabolism

25. Drug–nutrient interactions are important in clinical practice because they can affect:

- A) Nutritional status and therapeutic effectiveness
- B) Only body temperature
- C) Only skin colour
- D) Only height

Answer: A) Nutritional status and therapeutic effectiveness

II Fill in the Blanks with Answers

1. The nutritional assessment performed before surgery is called \_\_\_\_\_ nutritional assessment.

Answer: Pre-operative

2. Nutritional management after surgery is called \_\_\_\_\_ nutritional management.

Answer: Post-operative

3. Adequate nutrition after surgery promotes \_\_\_\_\_ healing.

Answer: Wound

4. Surgery increases the body's need for adequate \_\_\_\_\_ and nutrients.

Answer: Energy

5. Severe burns are associated with an increased \_\_\_\_\_ rate.

Answer: Metabolic

6. Burns can cause increased breakdown of \_\_\_\_\_.

Answer: Protein

7. Patients with severe burns generally have increased \_\_\_\_\_ requirements.

Answer: Protein

8. Immunonutrition is nutrition that influences the \_\_\_\_\_ system.

Answer: Immune

9. Glutamine is an important \_\_\_\_\_ nutrient.

Answer: Immuno

10. Omega-3 fatty acids can influence the body's \_\_\_\_\_ response.

Answer: Inflammatory

11. Adequate protein is essential for tissue repair and \_\_\_\_\_ healing.

Answer: Wound

12. Nutritional assessment helps identify patients who are at \_\_\_\_\_ nutritional risk.

Answer: Hig

13. The interaction between drugs and nutrients is called \_\_\_\_\_-nutrient interaction.

Answer: Drug

14. ADME stands for absorption, distribution, metabolism and \_\_\_\_\_.

Answer: Excretion

15. The process by which a drug enters the bloodstream is called \_\_\_\_\_.

Answer: Absorption

16. The chemical alteration of drugs in the body is called drug \_\_\_\_\_.

Answer: Metabolism

17. The liver is a major site of drug \_\_\_\_\_.

Answer: Metabolism

18. The removal of drugs from the body is called \_\_\_\_\_.

Answer: Excretion

19. Food can influence the \_\_\_\_\_ of certain drugs.

Answer: Absorption

20. Some drugs can interfere with the absorption of \_\_\_\_\_.

Answer: Nutrients

21. Long-term use of some drugs may cause \_\_\_\_\_ deficiencies.

Answer: Nutrient

22. Tetracycline can interact with the mineral \_\_\_\_\_.

Answer: Calcium

23. Grapefruit juice can affect the \_\_\_\_\_ of certain drugs.

Answer: Metabolism

24. Some drugs can reduce food intake by causing nausea and loss of \_\_\_\_\_.

Answer: Appetite

25. Drug–nutrient interactions can affect both nutritional status and \_\_\_\_\_ effectiveness.

Answer: Therapeutic

III Answer the following in one word

1. Burns:

n Burns are injuries to the skin and underlying tissues caused by heat, chemicals, electricity, radiation, Post-operative

2. Pre-operative:

Pre-operative refers to the period or care before surgery.

3. Post-operative:

Post-operative refers to the period or care after surgery.

4. Immunonutrition:

Immunonutrition is the use of specific nutrients to support or modify the immune system.

5. Drug disposition:

Drug disposition refers to the movement of a drug through the body, including absorption, distribution, metabolism, and excretion.

6. Drug effects:

Drug effects are the changes or responses produced by a drug in the body.

7. Food intake:

Food intake refers to the amount and type of food consumed by a person.

8. Immunonutrients:

Immunonutrients are specific nutrients that support or influence immune function, such as glutamine, arginine, and omega-3 fatty acids.