

Time : Three hours

Maximum : 100 marks

SECTION A — (20 × 1 = 20 marks)

Answer ALL questions.

1. Protein allowance for Lactating mother (0-6 months)

- (a) 75 g
- (b) 65 g
- (c) 60 g
- (d) 70 g

2. During 2nd trimester the calorie requirement of a pregnant woman is increased upto

- (a) 30 kcal/day
- (b) 50 kcal/day
- (c) 90 kcal/day
- (d) 200 kcal/day

3. Normal iron requirement of an adult woman is

- (a) 38 mg/day
- (b) 20 mg/day
- (c) 25 mg/day
- (d) 30 mg/day

4. Problems of weaning are

- (a) Allergy
- (b) Obesity
- (c) Choking
- (d) All the above

5. Apathy means

- (a) Lack of appetite
- (b) Lack of sleep
- (c) Lack of emotions
- (d) Lack of mobility

6. The National Prophylaxis Programme Against Nutritional Blindness is being implemented in

- (a) 1984
- (b) 1987
- (c) 1970
- (d) 1982

7. Nicotinic acid allowance for 10-12 year girl is

- (a) 15 mg
- (b) 13 mg
- (c) 10 mg
- (d) 20 mg

8. Bulimia means

- (a) Hormonal disorder
- (b) Eating disorder
- (c) Physical disorder
- (d) Mental disorder

9. The energy requirement for infant (0-6 months)

- (a) 108 kcal/kg
- (b) 98 kcal/kg
- (c) 95 kcal/kg
- (d) 118 kcal/kg

10. Synthesis of Acetylcholine is affected by the deficiency of

- (a) Vitamin D
- (b) Vitamin E
- (c) Choline
- (d) Methylcholine

11. Pharmaceutical stage means

- (a) Disintegration of drug
- (b) Problem in drug distribution
- (c) Problem in drug metabolism
- (d) Problem in drug elimination

12. Intramuscularly means injecting medications by

- (a) under the epidermis
- (b) into the muscle
- (c) into the vein
- (d) into the spinal cord

13. Less commonly used laboratory specimens are

- (a) Serum
- (b) Saliva
- (c) Tissues
- (d) None

14. In microcytic anemia the RBC volume is less than

- (a) 50 fL
- (b) 60 fL
- (c) 30 fL
- (d) 80 fL

15. Synthesis of S-adenosylmethionine required

- (a) Vit-B₉
- (b) Vit-A
- (c) Vit-B₅
- (d) Vit-B₁

16. Expand ICDS

- (a) International Child Development Services
- (b) International Child Department Services
- (c) Integrated Child Development Services
- (d) Integrated Care Development Services

17. Pernicious anemia is due to the deficiency of

- (a) Vit-B₁₂
- (b) Vit-B₂
- (c) Vit-B₁
- (d) Vit-C

18. Colostrum is rich in

- (a) Lactose
- (b) Pantothenic acid
- (c) Zinc
- (d) Niacin

19. Fat allowance for children (4-6 years)

- (a) 45 g
- (b) 25 g
- (c) 22 g
- (d) 20 g

20. Antagonist means drug that counteracts the effect of

- (a) Drug
- (b) Nutrient.
- (c) Bio-transformation
- (d) Excretion

SECTION B — (5 × 6 = 30 marks)

Answer ALL questions.

21. (a) Write about the special diets followed in the hospital dietary department.

Or

(b) Highlight the complications that may occur during pregnancy.

22. (a) Write about the factors affecting the nutritional status of children.

Or

(b) Plan a day's diet for a 25 year old nursing mother belonging to high income group (6–12 months).

23. (a) Briefly discuss the phases of drug action.

Or

(b) Give the RDA for a girl aged 12.

24. (a) Write the factors that influence the feeding programme.

Or

(b) Explain the flow chart of drug distribution and volume of distribution in our body.

25. (a) Explain the role of Laboratory Assessment on Macrocytic Anaemia.

Or

(b) Emphasis on the need of weaning and supplementary foods to infants.

SECTION C — (5 × 10 = 50 marks)

Answer ALL questions.

26. (a) Describe the physiological and psychological changes associated with ageing.

Or

(b) "Breast milk is the best milk" - Explain.

27. (a) Explain any two feeding programmes in detail.

Or

(b) What are the signs and symptoms of Vitamin A deficiency? Plan a day's diet for a school going child suffering from Vitamin - A deficiency.

28. (a) Explain the effect of drugs on food intake and nutritional status with suitable examples.

Or

(b) Explain the eating disorder of adolescent.

29. (a) Write about the role of laboratory data in protein energy status.

Or

(b) Explain the role of hormones in lactation.

30. (a) Write on the Nutritional requirements for a pregnant women.

Or

(b) Discuss about PEM among preschool children in India and what are the measures to be taken to combat malnutrition.