Question Bank

BA / BSC / 2nd Year

Vocational Paper

Management of Nutrition in Life Cycle

Q1. Define RDA?

Q2. Give RDA for Indians?

Q3. Explain food exchange system in light with RDA translation into food?

Q4. Give a list of foods having high calorie?

Q5. Give a list of foods having low calorie?

Q6. Give Nutrients needs of Infants?

Q7. Devise feeding pattern for a new born?

Q8. Give Nutrients needs of school going Children?

Q9. Devise menu plan for School going Children?

Q10. Write an articles an importance of snacks & tiffin for school going children?

Q11. Discuss nutrition relate problems of School going Children?

Q12. Write and articles Physiological changes in adolescence?

Q13. Evaluate effect of food likes & dislikes on adolescent?

Q14. Write a note on nutrition problems of adolescents?

Q15. Give nutrients needs of adolescents?

Q16. Give nutrients needs of Adults?

Q17. Give a sample of low cost balanced diet for Adults?

Q18. Give nutrient needs of old People?

Q19. Discuss nutrition problems of old Age?

Q20. Give nutrient requirements in Pregnancy?

Q21. Give Complication of Pregnancy?

Q22. Discuss physiological changes in Pregnancy?

Q23. Give nutrition requirements of lactating women?

Q24. Write a note on lactogenic diets?

Q25. Discuss Food taboos pregnancy & lactation?

Q26. Give importance of timely & correct Supplementary feeding?

Programme – Certificate Course

Year – First Year

Subject – Vocational

Paper – Nutrition & Dietetics

Q1. Define food & give function of food.

Q2. Write a note on food group.

Q3. Draw a food guide Pyramid.

Q4. Define nutrition and state relation of food and health.

Q5. Explain nutritional Status in light of optimum, good, under & malnutrition.

Q6. Classify nutrients.

Q7. Give sources, functions & deficiency of energy.

Q8. Give sources, functions & deficiency of carbohydrates.

Q9. Give sources, functions & deficiency of Protein.

Q10. Give sources, functions & deficiency of Fat.

Q11. Give sources, functions & deficiency of Vitamin A.

Q12. Give sources, functions & deficiency of Vitamin D.

Q13. Give sources, functions & deficiency of Vitamin C.

Q14. Give sources, functions & deficiency of Calcium.

Q15. Give sources, functions & deficiency of Iron.

Q16. Give sources, functions & deficiency of Iodine.

Q17. Define body mass index. Give its predictions.

Q18. Give Indian standards of height & weight.

Q19. Give Principles & applications of recommended Dietary allowances.

Q20. Define meal planning? Give Principles of meal planning.

Q21. What is menu planning? Concept & format of menu plan.

Q22. Write an articles on nutrition and health education.

Q23. Give tools of Nutrition education.

Q24. Define Dietetics. Give area of dietetics.

Q25. What are role and responsibility of dietician.

Q26. State career opportunities in Dietetics.

Subject - Core Course

Paper - Food and Nutrition (Paper I)

Q1. Define food and Nutritions.

Q2. Establish relationship between food nutrition and health.

Q3. Give functions of food.

Q4. Explain different terminologies balanced nutrition, adequate nutrition, optimum nutrition good nutrition and malnutrition.

Q5. Classify nutrients.

Q6. Give classification, sources, function, RDA, deficiency & Excess of carbohydrates.

Q7. Give classification, sources, function, RDA, deficiency & Excess of Energy

Q8. Give classification, sources, function, RDA, deficiency & Excess of Protein.

Q9. Give classification, sources, function, RDA, deficiency & Excess of Lipids.

Q10. Give classification, sources, function, RDA, deficiency & Excess of Vitamin A.

Q11. Give classification, sources, function, RDA, deficiency & Excess of Vitamin D.

Q12. Give classification, sources, function, RDA, deficiency & Excess of Vitamin C.

Q13. Give classification, sources, function, RDA, deficiency & Excess of Thiamine.

Q14. Give classification, sources, function, RDA, deficiency & Excess of Riboflavin.

Q15. Give classification, sources, function, RDA, deficiency & Excess of Ncalin.

Q16. Give classification, sources, function, RDA, deficiency & Excess of Cyanocobalamine.

Q17. Give classification, sources, function, RDA, deficiency & Excess of Calcium.

Q18. Give classification, sources, function, RDA, deficiency & Excess of Iron.

Q19. Give classification, sources, function, RDA, deficiency & Excess of Iodine.

Q20. Give selection nutritional contribution & changes during cooking for cereals.

Q21. Give selection nutritional contribution & changes during cooking for Pulses.

Q22. Give selection nutritional contribution & changes during cooking for Fruits.

Q23. Give selection nutritional contribution & changes during cooking for Vegetables.

Q24. Give selection nutritional contribution & changes during cooking for milk &milk products.

Q25. Give selection nutritional contribution & changes during cooking for Eggs.

Q26. Give selection nutritional contribution & changes during cooking for Fish.

Q27. Give selection nutritional contribution & changes during cooking for Meat.

Q28. Give selection nutritional contribution & changes during cooking for Poultry.

Q29. Give selection nutritional contribution & changes during cooking for Fats & Oils.

Q30. Give selection nutritional contribution & changes during cooking for Sugar.

Q31. State different methods of value addition of foods.

Q32. Write a note on emulsion.

Q33. Write a note on foans in cookery.

Q34. Write a note and emulsions in cookery.

Q35. Write a note on colloids in cookery.

Q36. Write a note on salad dressing.

Q37. Write a note on cooking methods.

Q38. Write a note on minimizing nutrient loss during cooking.

Question Bank

P**rogram** – D**iploma**

Class – BSC (Home Science)

Year – Second

Session – 2022–2023

Q1. Explain inter relationship of nutritional bio-chemistry with other biological Sciences.

Q2. Give chemistry classification and characteristics of carbohydrates.

Q3. Give chemistry classification and characteristics Protiens.

Q4. Give chemistry classification and characteristics of Vitamin A.

Q5. Give chemistry classification and characteristics of Vitamin D.

Q6. Give chemistry classification and characteristics of Vitamin K.

Q7. Give chemistry classification and characteristics of Vitamin E.

Q8. Explain Process of blood sugar regulation.

Q9. Explain common metabolic pathway or TCA.

Q10. Give Process of glycolysis.

Q11. Give Process of glycogenesis.

Q12. Give Process of glycogenolysis.

Q13. Give Process of B oxidation of fats.

Q14. Write a note on ketosis.

Q15. Write a note on fatty acids.

Q16. Write a note on amino acids.

Q17. Write a note on Biological value of proteins.

Q18. Explain uses cycle

Q19. Write a note on transamination.

Q20. Write a note on Dimension.

Q21. Give a structure and functions of DNA.

Q22. Give a structure and functions of RNA.

Q23. Define enzymes and classify them.

Q24. Write a note on co - enzymes.

Q25. Write a note on ISO enzymes.

Q26. Write a note on enzyme specificity.

Q27. Write a note on Mode of action of Enzymes.

Q28. Explain factors affecting enzymes action.

Q29. Give Biochemical role deficiency and Excess of Calcium.

Q30. Give Biochemical role deficiency and Excess of Phosphorus.

Q31. Give Biochemical role deficiency and Excess of Sodium.

Q32. Give Biochemical role deficiency and Excess of Potassium.

Q33. Give Biochemical role deficiency and Excess of Magnesium.

Q34. Give Biochemical role deficiency and Excess of Iron.

Q35. Give Biochemical role deficiency and Excess of Zinc.

Q36. Give Biochemical role deficiency and Excess of Iodine.

Q37. Give biological role deficiency and Excess of pituitary hormones.

Q38. Give biological role deficiency and Excess of Adrenal hormones.

Q39. Give biological role deficiency and Excess of parathyroid hormones.

Q40. Give biological role deficiency and Excess of

Q41. Give biological role deficiency and Excess of Ovari.

Q42. Give biological role deficiency and Excess of testicular.

Q43. Write a note on hydrogen iconic concentration.

Q44. Write a note on water and Electrolyte balance.

Q45. Give structure and function of cells.

Q46. Give structure of and functions of bones.

Q47. Give composition and functions of blood.

Q48. Write a note on blood vessels.

Q49. Write a note on heartbeat.

Q50. Write a note on heart rate.

Q51. Explain structure and functions of heart.

Q52. Write a note on circulation of blood

Q53. Write a note on process of respiration.

Q54. Write a note on gaseous exchange.

Q55. Write a note on process of digestion.

Q56. Write a note on process of absorption organ.

Q57. Explain structure and functions of digestive organ.

Q58. Explain structure and functions of urinary organ

Q59. Explain structure and functions of brain organ.

Q60. Write a note on process of urine formation.

Q61. Write a note on process of temperature regulation.

Q62. Write a note on process of reflex action.

Q63. Write a note on process of Male reproduction organ.

Q64. Write a note on process of Female reproduction organ.