

Higher Secondary Examination, 2008
Nutrition (New Syllabus)
(English version)
Group-A

1. Answer the following questions (Alternatives are to be noted): 1x10=10

Fill in the blanks with an appropriate single word:

a) _____ water balance occurs diarrhea.

OR, _____ rich food should be given less to the gouty patients.

b) Diabetes _____ is a disease of faulty metabolism of carbohydrate.

OR, _____ milligram excess iron is required for the diet of a pregnant woman.

c) _____ restricted diet is given to the patients suffering from hypertension, nephritis and toxemia of pregnancy.

d) Presence of sugar in the urine is called _____.

Indicate true or false along with the full sentence:

e) HCL is an enzyme.

f) The name of one simple protein is albumin.

g) The first part of small intestine is called Jejunum.

h) Ptyalin works on boiled starch.

OR, Glycogen is deposited in the liver.

i) Fasting is the best way to cure fever.

j) The ratio of calcium and phosphorus in mother's milk is 2:1.

OR, Jaundice is not a disease but a symptom of a liver disease.

Group – B

2. Answer the following questions (Alternatives are to be noted): 2x7=14

a) What is digestion?

OR, What is metabolism?

b) What are the functions of tongue?

OR, What is hyperglycemia?

c) What is Therapeutic diet?

OR, How will you assess the degree of obesity?

d) What is colostrum?

OR, Write the four names of immunological factors present in "mother's milk, which increase the resistance power of the body against the diseases.

e) What are the four objectives of food preservation?

f) State the daily requirement of calories for the following: (i) A 16 year old boy (ii) A one year old child (iii) A 25 year old hardworking woman (iv) An old woman of 70 years.

g) Name four methods of diet survey.

Group - C

3. Answer the following questions (Alternatives are to be noted): 4x11=44

a) What are the health problems of the pre-,school children suffering from chronic diarrhoea?

OR, Prepare a diet chart for a 60 year old diabetic woman.

b) Compare mother's milk with cow's milk.

c) Prepare a diet chart for a lactating woman.

OR, Discuss the curative measures of constipation.

d) Mention eight food fads.

OR, Discuss in brief, the symptoms of iron deficiency anaemia.

e) Give your idea about Applied Nutrition Programme.

OR, What are the objectives of diet survey?

f) What are the main principles of Nutrition Education?

OR, What is the importance of cooking demonstration in Nutrition Education?

g) Prepare a diet chart for a child suffering from Kwashiorkor.

OR, Write four important differences between Kwashiorkor and marasmus,

h) Name the enzymes present in pancreatic juice and discuss the functions of any one of the important enzymes in brief. 2+2

i) What is gastric juice? Discuss its functions. 1+3

OR, Write the process of Glycogenolysis with the help of flow diagram.

j) Why is liver called a well-equipped biological laboratory?

OR, What are the factors that influence the requirement of calories of a man?

k) What do you mean by calorie? How will you determine your daily calorie requirement? 1+3

OR, Draw the Cori's cycle,

Group - D

4. Answer the following questions (Alternatives are to be noted): 6x2

a) What is Bile? Discuss the functions of bile in human body? 2+4

OR, Discuss how carbohydrate is digested in human body.

b) Discuss the directives of FAOAVHO to prevent malnutrition of children.

OR, Discuss any two National Nutritional Programmes of India in brief.