

DIP-C-2028

DNHE-01

**DIPLOMA EXAMINATION –
DECEMBER, 2023.**

Nutrition and Health Education

FUNDAMENTALS OF NUTRITION

Time : 3 hours

Maximum marks : 70

PART A — (3 × 3 = 9 marks)

**Answer any THREE questions out of Five questions in
100 words.**

All questions carry equal marks.

- 1. Differentiate simple and complex carbohydrates.**
- 2. Distinguish water- and fat-soluble vitamins.**
- 3. Define balanced diet.**
- 4. What is obesity?**
- 5. What is the difference between under and over nutrition?**

PART B — (3 × 7 = 21 marks)

Answer any THREE questions out of Five questions in 200 words.

All questions carry equal marks.

6. Mentions the functions of essential fatty acids.
7. Discuss the role calcium and phosphorus in bone health.
8. Explain the common nutritional problems among adolescents.
9. Describe the dietary management in cardio vascular diseases.
10. Give a short note on electrolyte imbalance.

PART C — (4 × 10 = 40 marks)

Answer any FOUR questions out of Seven questions in 500 words.

All questions carry equal marks.

11. Explain the role of dietary fiber in prevention of diseases.
12. Illustrate the role of Phyto nutrients in health and diseases.
13. Describe the principles of menu planning.

14. Differentiate Kwashiorkor and Marasmus.
 15. Elaborate on the role of food and nutrition in cancer.
 16. Explain:
 - (a) Thiamine deficiency
 - (b) Riboflavin deficiency.
 17. Explain the nutritional requirement and dietary management in lactation.
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DIP-C-2029

DNHE-02

**DIPLOMA EXAMINATION –
DECEMBER, 2023.**

Nutrition and Health Education

**FOOD PREPARATION AND NUTRITIVE VALUE
OF FOODS**

Time : 3 hours

Maximum marks : 70

PART A — (3 × 3 = 9 marks)

**Answer any THREE questions out of Five
questions in 100 words**

All questions carry equal marks

1. State basic five food groups.
2. Expand FSSAI and mention any two functions.
3. List the principles of food processing.
4. Give note on salting of fish.
5. Write the schematic flow chart to prepare pickle.

PART B — (3 × 7 = 21 marks)

Answer any THREE questions out of Five questions in 200 words

All questions carry equal marks

6. Write a short note on various pigments in fruits.
7. Describe the steps in selection of foods.
8. How will you prevent nutrient loss while cooking?
9. Mention the causes of food spoilage in detail.
10. Give a short note on natural toxins in foods.

PART C — (4 × 10 = 40 marks)

Answer any FOUR questions out of Seven questions in 500 words

All questions carry equal marks

11. Describe the structure and composition of rice.
12. Elaborate on the types of adulterants.
13. Explain any two traditional household methods of food processing.
14. What is dehydration and explain and two types of dehydrators.

15. Discuss any two recent techniques in food processing.
 16. Explain irradiation with its advantages and disadvantages.
 17. Write a note on composition and spoilage of fish.
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DIP-C-2031

DNHE-04

**DIPLOMA EXAMINATION –
DECEMBER, 2023.**

Nutrition and Health Education

**COMMUNITY NUTRITION AND HEALTH
EDUCATION**

Time : 3 hours

Maximum marks : 70

PART A — (3 × 3 = 9 marks)

Answer any **THREE** questions out of Five
questions in 100 words

All questions carry equal marks

1. Define BMI.
2. List any two functions of public health centers.
3. What is ICDS?
4. Who are the beneficiaries of supplementary feeding program?
5. Mention the functions of WHO.

PART B — (3 × 7 = 21 marks)

Answer any THREE questions out of Five questions in 200 words

All questions carry equal marks

6. Explain the methods to check food and nutrition security.
7. How does public health sector work in India?
8. Write a short note on vitamin A prophylaxis programme.
9. What are the point to remember while planning a nutrition education programme?
10. Explain micronutrient deficiency in India.

PART C — (4 × 10 = 40 marks)

Answer any FOUR questions out of Seven questions in 500 words

All questions carry equal marks

11. Elaborate on the various dietary assessment tools.
12. Explain the objectives of National Health programme.

13. Discuss the various measures taken by government to combat anaemia.
 14. Illustrate the plan for nutrition education programme to pregnant woman.
 15. Highlight the activities of First 1000 days program.
 16. Explain the anthropometric tools in detail.
 17. Describe the various teaching aids to educate a community.
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