Home science – 12

Section A (Food and Nutrition)

Objective Type Questions

Chapter-1

Food, Nutrition and Health

(A) Answer the following questions in one word to one sentence.

Question -1 Define food?

Answer- Food is defined as anything edible which nourishes, removes hunger, gives satisfaction and renews strength of the body.

Question -2 What do you mean by malnutrition?

Answer- Malnutrition is the state of disease caused by lack or abundance of any one or more nutrients.

Question -3 What do you mean by nutrient?

Answer- Food is made up of some chemical elements which are called nutrients.

Question -4 Which vitamin becomes deficient by the refining and polishing of cereals?

Answer- Vitamin B_1

Question -5 Which vitamins are lacking in pulses?

Answer- Vitamin A and Vitamin C.

Question -6 Which vitamin is rich in citrus fruits?

Answer- Vitamin C

Question -7 Which nutrient is more in the white part of the egg?

Answer- Protein.

Question -8 Which nutrient is more in yellow part of the egg?

Answer- Fats.

Question -9 Which food is considered as a complete food for people of all age groups?

Answer- Milk.

(B) Fill in the blanks.

10) **Cereals, pulses, meats, fish, eggs** are helpful in the repairing of tissues.

11) Good **health** is the state of complete physical, mental and social well being and not merely the absence of disease.

12) Milk is a good source of **protein** and **calcium** but lacking in **vitamin C** and **iron.**

13) Sprouting of pulses (germination) improves the level of **vitamin B and vitamin C.**

14) Combination of cereals and pulses in the ratio of **4:1** provides a good quality of protein.

(C) TRUE /FALSE

15) Each meal should consist of food items from only two food groups. (✗)

16) Cereals and cereal products are body building foods. (✗)

17) Vitamin B-12 is available only in meet/chicken/fish. (✗)

18) Fats, oils and sweets should be used sparingly. (✓)

19) Refining and polishing of cereals improves the vitamin B content. (✗)

(D) MULTIPLE CHOICE QUESTION

20) Body building foods are _____

(a) Fruit and Vegetables (b) Cereals and millets

(c) Sugar and Jaggery (d) Milk egg and meat. (✓)

21) Which of following are protective foods?

(a) Pulses and legumes (b) Fats and oils

(c) Cereals (d) Fruits and vegetables. (✓)

22) What nutrient do foods like milk, legumes, cheese and chicken Contain?

(a) Protein (✓) (b) Carbohydrates

(c) Minerals (d) None of these

23) Which food group should be consumed liberally according to food pyramid?

(a) Fruits and vegetables (b) Sugar and jiggery

(c) Cereals and pulses (✓) (d) Fats and oils

24) The pathological state resulting from the consumption of inadequate quality of food over an extended period of time is named as.

(a) Imbalance (b) Over nutrition

(c) Under nutrition (✓) (d) None of these

Chapter-2

Nutrients and Nourishment

(A) Answer the following questions in one word to one sentence.

Question -1 The deficiency of which nutrients causes marasmus?

Answer- Protein and carbohydrates.

Question -2 The deficiency of which vitamin causes night blindness?

Answer- Vitamin A

Question -3 Name the disease caused by the deficiency of vitamin D in children?

Answer- Rickets.

Question -4 What diseases occurs in adults with vitamin D deficiency?

Answer- Osteomalacia.

Question -5 Which disease is caused by vitamin D deficiency in old age?

Answer- Osteoporosis.

Question -6 With which vitamin deficiency the blood does not clot fast?

Answer- Vitamin K

Question -7 The deficiency of which vitamin causes beri-beri disease?

Answer- Vitamin B_1

Question -8 Deficiency of which vitamin scurvy diseases?

Answer- Vitamin C

Question -9 Which disease is caused due to the deficiency of iron?

Answer- Anaemia

Question -10 Which disease can occur with the deficiency of iodine?

Answer- Goitre

Question- 11 At least how much water should we drink everyday in summer ?

Answer- 12- 20 glasses

Question-12 At least how much water should we drink everyday in winter ?

Answer- 6-8 glasses

(B) Fill in the blanks.

13) **Water** is helpful to keep the body temperature constant.

14) **Vitamin D** works with calcium and phosphorus to make strong bones and teeth.

15) Beri -Beri disease is due to the deficiency of **Vitamin B_1.**

16) Vitamin K is necessary for blood **Clotting**.

17) Calcium and phosphorus are present in bones in the ratio of **2:1**.

(C) True/ False

18) Calcium and phosphorus are present in our bones. (✓)

19) Vitamin and mineral salts are macronutrients. (✗)

20) Sunlight is the best source of Vitamin D. (✓)

21) Amla is a best source of vitamin A. (✗)

22) Deficiency of Vitamin C causes difficulty in seeing especially in dim light (✗)

(D) Multiple choice questions

23. Pellagra is caused due to the deficiency of which of following ?

(a) Protein (b) Niacin (✓)

(c) Thiamine (d) Riboflavin

24) Osteoporosis in older people occurs due to the deficiency of which the following vitamin?

(a) Vitamin A (b) Vitamins K

(c) Vitamin D (✓) (d) Vitamin E

25) Which mineral is necessary for the normal functioning of thyroid gland?

(a) Zinc (b) Iodine (✓)

(c) Copper (d) Phosphorus

26) Pernicious anemia disease is caused by its deficiency of which the following?

(a) Iron (b) Vitamin B-12 (✓)

(c) Folic acid (d) Copper

27 Which of the following is the best source of calcium?

(a) Wheat (b) Roots & tubers

(c) Green leafy vegetables (d) Ragi (✓)

Chapter - 3

Meal Planning

(A) Answer the following questions in one word to one sentence.

Question- 1 What is the best vegetarian source of protein in food ?

Answer : Soyabean

Question- 2 Which disease is caused by over use of fats ?

Answer : Atherosclerosis

Question- 3 What are the fat soluble vitamins ?

Answer : A,D,E and K

Question- 4 What are the water soluble vitamins ?

Answer : B and C

Question- 5 What is the best and cheapest source of Vitamin D ?

Answer : Sunlight

Question- 6 The deficiency of which vitamin causes the disease 4 D's ?

Answer : Niacin

Question- 7 With which vitamin deficiency does Beri -Beri disease occur ?

Answer : Vitamin B_1

Question- 8 What do you mean by meal planning ?

Answer : Planning for adequate nutrition.

Question- 9 What do you mean by menu?

Answer : Menu is the list of foods that are converted into recipes and distributed into various meals like breakfast, lunch and dinner.

Question-10 Till what age should the baby be fed only mother's milk

Answer : From birth to 6 months.

Question-11 After normal delivery within how much time should the baby be put on breast feed?

Answer : Within half an hour.

Question-12 What is the meaning of weaning ?

Answer : In addition to breast milk inclusion of others supplementary foods to the diet of child is weaning.

(B) Fill in the blanks.

13) **Menu** is the list of foods that are converted into recipes and distributed into various meals like breakfast, lunch and dinner.

14) The branch of nutrition related to elderly population is called **geriatrics.**

15) Old age is defined as **60** years and above.

16) Ensure exclusive breast feeding for first **6** months.

(C) True/False

17) The foods that are introduced in addition to breast milk are called supplementary foods. (✓)

18) Males need more energy than females. (✓)

19) Packed lunch should meet one third of the baby's nutrition requirements.(✓)

20) During pregnancy and lactation, diet requirement decreases. (X)

21) In old age especially in females, the requirement of calcium increases. (✓)

(D) Multiple choice questions

22. The nutritional requirements in the life span of a woman are highest during_____

(a) Childhood (b) Pregnancy

(c) Lactation (✓) (d) Old age

23) What should be the daily intake of protein during pregnancy?

(a) 60 gm. (b) 82 gm . (✓)

(c) 70 gm . (d) 50 gm.

24) In a balanced diet, how much should be the energy contributed by carbohydrates?

(a) 20-30% (b) 60- 70% (✓)

(c) 15– 20% (d) 5- 10%

Chapter- 4

Food Selection , Storage, Cooking and Handling

(A) Answer the Questions in one word to one sentence.

Question- 1 The amount of which vitamins increases after fermentation and sprouting?

Answer : Vitamin B and Vitamin C

Question- 2 Which amino acid is lacking in cereals?

Answer : Lysine

Question- 3 Which amino acid is lacking in pulses ?

Answer : Methionine

Question- 4 Which vitamins are destroyed with the use of baking soda ?

Answer : Vitamin B and Vitamin C

(B) Fill in the blanks.

5) The method of cooking food in an oven is called **baking.**
6) When sunshine is used for cooking it is called **solar cooking.**
7) The method of cooking food in hot sand is called **roasting.**
8) **Baking** is a method of cooking where food is cooked in a closed box which is heated on gas or coal or using electricity.
9) When food is cooked on direct flame the method is called **grilling.**
10) Cooking on hot tawa is called **roasting.**
11) Cooking food in hot oil is called **frying.**
12) **Microwave** is a method where heat is generated in the food by rapid vibrations of water molecules.
13) Combination of food items is important since no single food item supplies **all** the nutrients.
14) Combining food items is beneficial when **less** money is available.
15) Germination increases the **Vitamin B** and **Vitamin C** content of food items.

(C) True/False

16) Cooking soda has no harmful effect on nutrients present in food that is being cooked. (✗)

17) Minerals are lost when the water in which food is cooked, is thrown away. (✓)

18) Maximum loss of nutrients occurs when food is pressure cooled. (✓)

19) Vitamin C gets easily destroyed during cooking. (✓)

(D) Multiple Choice Questions

20) The method of cooking where food is cooked without coming in contact with water is called_____

(a) Steaming (b) Boiling

(c) Stewing (✓) (d) Pressure cooing

21) Of the four methods of cooking food with moist heat, the one method which preserves the maximum nutrients is called_____

(a) Steaming (b) Boiling

(c) Stewing (d) Pressure Cooking (✓)

22) At what temperature food is cooked in the pressure cooker ?

(a) More than 100°c (✓) (b) Less than100°c

(c) 100°c (d) None of these

23) Which of the following is not a preservation technique?

(a) Pickling (b) Drying

(c) Salting (d) Sprouting (✓)

24) With which method enzymes are inactivated?

(a) Boiling (b) Freezing

(c) Blanching (✓) (d) Peeling

25) The most common method of food preservation at household level is_____

(a) Canning (✓) (b) Freezing

(c) Drying (d) Irradiation

Chapter 5

Food safety

(A) Answer the following questions in one word to one sentence.

Question -1 What do you mean by food safety?

Answer : Food safety is the safe handling of food from environmental contamination.

Question -2 What kind of adulteration can be done in wheat and rice ?

Answer : Small pieces of stones and marbles

Question 3 What kind of adulteration is done in bengal gram dal ?

Answer : Kesari Dal

Question 4 What kind of adulteration is done in black pepper ?

Answer : Dried papaya seeds

Question 5 What kind of adulteration is done in honey.

Answer : Coloured sugar syrup

Question 6 What kind of adulteration is done in tea leaves ?

Answer : Used or dyed tea leaves.

Question 7 Which test can be done to check adulteration of milk ?

Answer : Iodine test

Question 8 What kind of adulteration is done in milk ?

Answer: Water and starch etc.

Question 9 How can the presence of water or removal of fat from the milk in the laboratory be detected?

Answer : By using lactometer

Question- 10 What kind of adulteration is done in red chili ?

Answer : Red colour powder of bricks, sand or soap stone etc.

(B) Fill in the blanks.

11) The danger zone is the temperature range between **5 ° C** and **63 ° C.** within which most bacteria grow best.

12) **Lactometer** reading shows the presence of water or removal of fat from milk in the laboratory.

13) Common adulterants found in milk are **water** and **starch**.

14) Arhar dal is usually adulterated with **Kesari dal.**

15) About 75- 80% of pesticide residues are removed by **washing with cold water**.

(C) True/false

16) Food handlers should keep their finger nails short and without nail paint (✓)

17) Visual examination of the pulses will enable one to remove stones and twigs (✓)

18) Spoiled food can be rectified by pressure cooking (✗)

19) Most harmful bacteria grow at 45°C temperature. (✓)

(D) Multiple choice questions

20) Presence of starch in milk can be easily detected by _____

(a) HCL test (b) Iodine test (✓)

(c) Lactometer (d) Glucometer

(21) World consumer Day is celebrated on _____

(a) 15 March (✓) (b) 25 March

(c) 15 April (d) 20 April

(22) Wounds like cuts, burns etc. should be covered with_____

(a) Waterproof dressing (✓) (b) Elastoplasts

(c)Antiseptic ointment (d) Cotton and bandage

23) When is World Consumer Day celebrated ?

(a) March 15 (✓) (b) 15 December

(c) October 14 (d) November 1

24) Food poisoning bacteria will multiply most rapidly at this temperature ?

(a) 5°C (b) 37° C (✓)

(c) 37 °F (d) 63°C

25) What should we use to taste the food ?

(a) A wooden spoon (✓) (b) A separate teaspoon

(c) A spatula (d) your finger to save time

Chapter-6

Diet Therapy

(A) Answers the questions with one word to one sentence

Question -1 Define B.M.I.

Answer : B. M .I. means body mass index

$$BMI = \frac{\text{Weight (kg)}}{\text{Height in (metres) 2}}$$

Question -2 What kind of food is given to treat constipation?

Answer : High fibre diet

Question- 3 What type of food is given to under weight a person?

Answer : High energy food.

Question- 4 When is World Heart Day celebrated every year ?

Answer : On 30 September

Questions- 5 Which protein is present in Wheat, Rye, Barley?

Answer : Gluten

Question- 6 What do you mean by O. R.T ?

Answer : Oral Rehydration Therapy

Question- 7 What is the normal body temperature ?

Answer : 98. 4 °F or 37 ° c

Question- 8 What do you mean by the state of fever?

Answer : When the body temperature exceeds 98. 4 ° F or 37 ° c , that condition is called fever.

Question- 9: What should be taken to avoid dehydration in the body ?

Answer : ORS or salt and sugar solution

Question 10 What do you mean by over weight ?

Answer : An increase in 10% over the optimal body weight is termed as over weight.

Question- 11 What do you mean by underweight?

Answer : An increase in 20% over the optimal body weight is termed as obesity.

(B) Fill the Blanks.

(12) Modification of a normal diet to suit the individual needs is called **Diet therapy.**

(13) **Low fibre** diets are essential in the treatment of several gastrointestinal disorders such as peptic ulter, diarrhea and dysentery.

14) Normal level of blood pressure is **80/120** mm hg.

15) Fever is an elevation of body temperature above **98.4** degree F.

16) **High** fibre foods should be restricted In diarrhea.

(C) True/False

17) A High Calorie, high protein, high fluid, low fat, low fibre and bland diet are recommended for typhoid patients. (✓)

18) Diarrhea is a disease not a symptom. (✗)

19) Obesity is the accumulation of adipose tissue in the body resulting in an increase of more than 10% of desirable weight. (✗)

(D) Multiple choice questions

(20) Which of the following can be included in clear liquid diet?

(a) Milk (b) Thick soup

(c) Whey water (✓) (d) None of these

(21) Low sodium diets are given in?

(a) Diarrohea (b) Fever

(c) Hypertension (✓) (d) Caliac disease

(22) People are considered as under weight with BMI less than?

(a) 19. 5 (b) 18. 5 (✓)

(c) 20. 5 (d) 25

(23) Fever increases the requirements for_____

(a) Protein (b) Fat

(c) Energy (✓) (d) All of the above

24) This feeding is advised when the patients are unable to eat but the digestive system is functioning normally?

(a) Tube (✓) (b) Parenteral

(c) Enteral (d) Oral

Section - B

(Human Development)

Chapter - 1

Beginning of Motherhood

(A) Answers the following questions with one word to one sentence.

Question-1 Which term is used to indicate the birth of more than one babies?

Answer : Multiple births

Question -2 Combination of XX chromosomes result in birth of boy or girl?

Answer : Girl

Question- 3 After the fifth month of pregnancy, how many times should the baby's heart beat in one minute ?

Answer: 120 to 140 times

Question- 4 In order to protect the pregnant lady and her child against tetanus, which vaccination is given to her? And at which stage?

Answer : Tetanus oxide. The first vaccine in the fifth month and the second 6 to 8 weeks after the first.

Question- 5 In which method, a surgical syring is used to remove a mature egg from ovary and is placed in a small dish of nutrients, to which sperms are added?

Answer : In vitro Fertilization (IVF)

Question- 6 Define Heart burn during the pregnancy .

Answer : It is a digestive disturbance not really associated with heart. It is caused by increased pressure on the stomach from the enlarging uterus.

Question-7 Write full form D. N. A. ?

Answer : Deoxy ribonucleic acid

Question- 8 What do you mean by uterus?

Answer : The place where the foetus grows.

Question-9 What is the first indication of pregnancy ?

Answer : Missed menstrual period is usually the first indication of pregnancy.

Question-10 What do you mean by embryo stage?

Answer : The stage of human development during the first eight weeks after fertilization.

Question-11 What do you mean by conception?

Answer : The joining of sperm with ovum is called conception.

Question-12 What do we call the twins that look alike?

Answer : Identical twins

(B) Fill in the blanks.

13) A human child gets a total of **46 (23 + 23)** chromosomes at the time of conception .

14) Gene is made of a chemical named **deoxy** ribonucleic acid.

13) The care of a woman during her pregnancy is called **Antenatal care.**

14) Nausea is also called as **morning sickness.**

15) During pregnancy, Ovaries do not produce any **egg.**

(C) True/False

16) The first indication of the pregnancy is usually the missed menstrual period. (✓)

17) A pregnant woman should eat as much as two people because her growing baby also needs nourishment. (✗)

18) Generally umbilical cord should be discharged after a few seconds from the delivery. (✗)

(D) Multiple choice questions

19) The product of conception when a sperm from the father penetrates into ovum from mother, is called as

(a) Somatic cell (b) Gamete

(c) Zygote (✓) (d) Autosoms

20) The independent units which determine inherited characteristics are called.

(a) Genes (✓) (b) Gamete

(c) DNA (d) Zygote

21) The sex cells, which are the sperms in males and Ova in females are called.

(a) Somatic cells (b) Gametes (✓)

(b) Concealed egg (d) Chromosome

22) Twins which develop from the same fertilized Ovum are_____

(a) Identical Twins (✓) (b) Fraternal twins

(b) Conjoined or Siamese twins (d) Mirror twins chromosomes

23) What are twins that develop from two fertilized egg called ?

(a) Monozygotic twins (b) super fecund twins

(c) Dizygotic twins (✓) (d) Identical twins

Chapter - 2

Prenatal Physiological Processes

(A) Answers the questions with one word to one sentence

Question-1 What are sex cells, which are sperms in males and the Ova in females known as?

Answer : Gametes

Question-2 Name the independent units that determine the inherited characteristics passed from one generation to another?

Answer : Genes

Question-3 What is the use of umbilical cord?

Answer : Provides nourishment and filters away waste products from the developing baby.

Question-4 What are teratogens?

Answer : Teratogen is an agent, process or substance that can cause birth defects or prevent normal development of a foetus.

Question-5 What was the prenatal development period from the third week to the eighth week?'

Answer : Embryonic period.

Question-6 If the zygote is X Y then it will be boy or girl?

Answer : Boy

Question-7 : How many stages of prenatal development are there ?

Answer : Three

Question-8 : What is the meaning of Teratology ?

Answer : The study of developmental disorders is called Teratology .

Question-9 Which sex Chromosome determines the gender of child ?

Answer : Father's (X or Y)

(B) Fill in the blanks.

10) The pregnancy period is divided into **three** trimesters.

11) Rh disease can affect children whose mother are **Rh-Ve** and their Father's Rh +ve .

12) The inner wall of the uterus is called **endometrium.**

13) The contribution of 'nature' on the development is referring to the effects of **phenotype.**

14) The Special organ that provides nourishment and filters away waste products from the developing baby is called the **umbilical cord.**

15) The first 22 pairs of chromosomes are called **autosomes.**

(C) True/ False

16) The fetus's heart is beating from the first month of pregnancy till the end (✓)

17) The fluid in the amniotic sac nourishes the foetus (✗)

18) Teratogen interferes with the development of embryo, producing a physical defect (✓)

19) X-rays or other radiations are more dangerous in later part of pregnancy than in early pregnancy. (✗)

20) Mothers over 20 years of age and below 35 years of age have less chance of miscarriage. (✓)

(D) Multiple choice questions

21) Egg and sperm cells each contain _____chromosomes.

(a) 23 (✓) (b) 26

(c) 43 (d) 46

22) The visible appearance of an inherited trait is the_____

(a) Chromosome (b) Reaction range

(c) Phenotype (d) Genotype (✓)

23) The process of conception is complete

(a) When fertilization occurs (✓)
(b) At the end of the period of embryo
(c) At the end of the period of zygote

(d) At the end of the period of the foetus

24) Nutrients and wastes are exchanged between mother and the foetus through

(a) Umbilical cord (✓) (b) Endoderm

(c) Endoderm (d) Mesoderm

25) _____is a prenatal diagnostic procedure used to inspect the foetus for limbs and facial defects.

(a) Ultrasound (✓) (b)Amniocentesis

(c) Fetoscopy (d) Chorionic villus sampling

Chapter - 3

Birth Process

(A) Answers the questions in one word to one sentence

Question-1 What determines the type of birth process ?

Answer : The position of the baby.

Question-2 What other name is used for natural or ordinary birth process ?

Answer : Head first position birth.

Question-3 How many years are generally advised between two pregnancies ?

Answer : 2 to 3 years

Question-4 Pre term or pre mature babies are born with weight less than how many grams?

Answer : Less than 2500 grams.

Question-5 Name the children who are born after the completion of the term of pregnancy?

Answer : Post term babies.

Question-6 What is episiotomy?

Answer : It is a surgical procedure which the doctor performs by making a cut to enlarge the external opening of vagina during delivery.

Question-7 Write the full form of NICU?

Answer : Neonatal Intensive Care Unit.

Question-8 What do you understand by the bursting of the water bag ?

Answer : Before actual labour starts, the membrane surrounding the baby can rupture at the start or shortly before it, this is known as bursting of water bag.

Question-9 What do you mean by labour pain ?

Answer : The action of the contraction of the uterus which help to expel the placenta and baby from the vagina.

Question-10 What do you mean by delivery ?

Answer : The act of taking birth of the child is called delivery .

Question-11 : Which stage of labour helps in opening the mouth of the uterus ?

Answer : Dilation state.

Question-12 What is the other name of placental stage?

Answer : After birth stage.

Question-13 What is the time period of placental stage ?

Answer : Two minutes to half an hour

Question-14 APGAR test is performed after how much time from the birth?

Answer : After one minute.

(B) Fill in the blanks.

15) During early phase of dilation stage the contractions are usually irregular and last for less than **a minute.**

16) In breech birth the baby is born in '**bottom first**' position.

17) Babies with intrauterine growth restriction (IUP), are called as **small-for-date babies**.

(C) True/False

18) APGAR test can be conducted after one hour of delivery. (✗)

19) Full term babies are babies are born after completion of 40 weeks pregnancy. (✓)

20) Vacuum extractor is like a large spoon that helps to bring out head of the baby during delivery. (✗)

(D) Multiple choice questions

21) Which is the smallest stage of labour?

(a) Dilation (b) Expulsion stage

(c) Engorgement (d) The placental stage (✓)

22) In normal delivery, the baby is born.

(a) With face first

(b) Head first and face downward (✓)

(c) After the expulsion of the placenta.

(d) When the mother's cervix is dilated to a score of 10 on the APGAR scale

23) The process of Implantation is completed

(a) when fertilization occurs. (✓)

(b) at the end of the period of the embryo
(c) at the end of the period of the Zygote
(d) at the end of period of foetus

Chapter 4
Post Natal care of Mothers

(A) Questions in one word to one sentence answers

Question 1 What is the period after delivery of the baby and placenta known as?

Answer : Postnatal period.

Question 2 Which hormone helps uterus to return to its normal size after pregnancy?

Answer : Oxytocin hormone

Question 3 What is the postnatal period?

Answer : Postnatal period begins after expulsion of the baby as well as the placenta.

Question 4 What is the meaning of postnatal care?

Answer : Postnatal care refers to the care of the mother during the period of time following the birth of a child.

Question 5 For how long does the postnatal period continues after the birth of baby ?

Answer : 40 days or six weeks

Question 6 Why should one massage the mother during the postnatal period ?

Answer : To ease her tired body.

Question 7 Why are neem leaves boiled in water used for bathing?

Answer : Neem leaves are natural antiseptic

Question 8 Which hormone is released during breast feeding?

Answer : Oxytocin hormone.

(B) Fill in the blanks.

(9) **Postnatal** period begins after the third stage of labour.

(10) The discharge from genital tract after delivery is called **lochia**

(11) After delivery, the height of uterus should **reduce** in size to return to its non-pregnant stage.

12) Newly delivered mother is prone to **infection** as the placental site is raw.

13) If the delivered mother shows the signs of fever, it is indicative of some kind of **infection**.

14) If the mother looks lathargic and tearful, it could be postpartum **stress .**

(15) Involution or reduction in size of uterus may be aided by encouraging **postnatal exercise**.

(C) True/False

16) Care of breast and perineum is important during postnatal period. (✓)

17) The woman should continue with iron and folic acid tablets following delivery. (✗)

18) Special motivation to accept a family planning method should also be given as a part of postnatal care and counselling. (✓)

19) Newly delivered mother should empty her bladder frequently. (✓)

20) Newly delivered mother should always be crowded with people and things for safe recovery. (✗)

21) Heavy exercise and stress is necessary to stay fit. (✗)

(D) Multiple choice questions

22) How is breastfeeding helpful for the mother ?

(a) For contraction of the uterus

(b) in emotional bonding between mother and child

(c) To reduce stress

(d) All of the above (✓)

23) What is the newly delivered mother's first milk called ?

(a) Discharge (b) Lochia

(c) Whey (d) Colostrum (✓)

Chapter 5

Care of New Born

(A) Answers the following questions in one word to one sentence

Question 1 What is the average weight of newborns ?

Answer : 2. 8 kg. or 2800 gm.

Question 2 What is the only mean of communication for the newborn?

Answer : Crying

Question 3 Name the first milk, the baby gets from the mother's breast immediately after birth?

Answer : Colostrum.

Question 4 What is the best time to give massage to an infant ?

Answer : Before giving bath to the infant.

Question 5 At what age does the child start speaking the real words other than 'Mamma' and 'Dada' ?

Answer : 6 to 12 months.

Question 6 Which vaccine is given to the child to protect against measles and mumps?

Answer : M.M.R.

Question 7 What is the average length of newborns ?

Answer : 50 cm.

Question 8 How many hours in a day should the new born baby sleep?

Answer : 12 hours or more

Question 9 At what age does the child give reaction by listening to loud sounds?

Answer : 0- 6 months

Question: 10 DPT vaccine protects the child from which diseases ?

Answer : Diptheria, Pertussis and Tetanus.

(D) Fill in the Blanks

11) **Moro** reflex appears while lying on his back if a baby is shocked by a loud noise or if his head suddenly drops slightly.

12) A neonatal period refers to first **six** weeks after birth.

13) **Rooting** reflex helps the newborn to reach for the breast.

14) B . C . G . Vaccine protects the child against **tuberculosis.**

(B) True/False

15) The sense of hearing develops only after birth (X)

16) For newborn children, the only means of communication is to cry.(✓)

17) Reflexes are also called automatic responses (✓)

18) Colostrum contains substances which promote the growth and development of the infant. (✓)

19) A vaccine should be given if the child is severely unwell. (X)

(D) Multiple choice questions

20) Of all the senses which is the least functional at birth.

(a) Hearing (b) Sight (✓)

(c) Taste (d) Smell

21) During the first few days after birth a mother's breasts produce a high protin milk which is rich in preventative antibodies. This milk is called_____

(a) Anoxia (b) Fontanel

(c) Hyaline (d) Colostrum (✓)

22) Neonates have an extraordinary range of inborn behavioral responses called_____

(a) Reflexes (b) Automatic responses (✓)

(c) Cutaneous (d) Differential reactions

23) If something is touched on the bottom of the feet of a newborn child, then plantar reflex will likely cause the baby to ____

(a) Curl the toes under (✓)

(b) Kick the object away.

(c) Flex the leg quickly towards the body.

(d) Push against the object.

Chapter 6

Infant Stimulation

(A) Answers the questions in one word to one sentence

Question 1 What is bonding?

Answer : Bonding refers to the mutually satisfying relationship between mother and her baby.

Question 2 Which bacterial infection causes tetanus or lock taw ?

Answer : Clostridium tetani

Question 3 What is the other name for pertussis?

Answer : Whooping cough

Question 4 What is the causes of Rickets?

Answer : Rickets is caused due to deficiency of calcium in diet and deficiency of vitamin 'D' due to lack of exposure of sunlight, to the child.

Question 5 What is the primary cause of severe Diarrohea among children through out the world?

Answer : Rotavirus

Question 6 What is other name for Hepatitis A ?

Answer : Jaundice

Question 7 When is World Tuberculosis Day celebrated every year ?

Answer : 24 March

Question 8 Name the bacteria that causes tuberculosis ?

Answer : Mycobacterium tuberculosis

Question 9 Which parts of the body is affected of the polio virus ?

Answer : Brain and spinal cord.

(B) Fill in the blanks.

10) Stranger anxiety develops during the **6 -8 months of the last** half of the first year.

11) The bond that babies form with caring, attentive and supportive adults is called, **bonding.**

12) Developmentally appropriate play material that matches the **physical and mental** abilities of the growing baby.

13) Playing stimulates the five **senses** of infants.

14) **Literature** learning play material encourages face recognition and develops visual focus of infants.

15) Learning that takes place during early years provides **base** for all future learning.

(C) True/False

16) Small children are more sensitive to touch, cold pain and taste etc. (✓)

17) The early child care experiences do not have an affect on infant attachment (✗)

18) Talking and singing to baby during routine activities does not stimulate babies.(✗)

19) An infant's first attachment figure is usually the mother. (✓)

20) Hanging toys are helpful in developing the muscles of the eyes and the ability to control the eyes. (✓)

(D) Multiple choice questions

21) D . P . T . vaccine is meant to give protection against _____

(a) Diphtheria (b) Pertussis

(c) Tetanus (d) All the above (✓)

22) What is the other name for Rubella?

(a) Whooping cough (b) Meningitis

(c) German Measles (✓) (d) Rickets

23) Conjunctivitis is caused due to inflammation of _____

(a) Lungs (b) Throat

(c) Conjunctiva (✓) (d) Parotid gland

Very Short Answer Type Questions

Answer with in 2 sentences

Section A (Food and Nutrition)

Chapter - 1

Food Nutrition and Health

Question 1. Define Food?

Question 2. What do you mean by nutrient? What are its types?

Question 3. What do you by malnutrition ? Name different types of malnutrition.

Question 4 Make a list of different food groups.

Question 5. Which food groups should be consumed liberally and which food groups should be consumed sparingly according to food pyramid?

Question 6. What do you mean by Balanced diet?

Question 7. Which foods are called the body building foods? Give examples.

Question 8. Which foods are called the energy giving foods? Give examples.

Question 9. Which foods are called the protective foods? Give examples.

Chapter - 2

Nutrients and Nourishment

Question 1. What is the main function of protein in our body ?

Question 2. What is the main function of carbohydrates in our body ? Write about the effects with its deficiency and excess.

Question 3. What is the main function of fats in our body ?

Question 4. Describe the sources of protein.

Question 5. Describe the sources of carbohydrates.

Question 6. Describe the sources of fats.

Question 7. What is the main function of Vitamin 'A' ? Which disease is caused due to its deficiency ?

Question 8. What is the main function of Vitamin 'D' ? Which disease caused due to its deficiency ?

Question 9. What is the main function of Vitamin 'K ? What are its sources?

Question 10. What is the main function of Vitamin C ? Which disease is caused with its deficiency ?

Chapter - 3

Food Planning

Question 1. What do you mean by meal planning ?

Question 2. Define geriatrics.

Question 3. What do you mean by supplementary feeding ?

Question 4. Which foods should be included in the diet of the pregnant lady to compensate the deficiency of iron?

Question 5. Which foods should be avoided to prevent any digestive problems during pregnancy?

Question 6. What is the reason for increase in protein requirement for a woman during pregnancy ?

Question 7. What do you mean by adolescent period?

Question 8. What do you mean by menu?

Question 9. How can variety be introduced in the food?

Chapter - 4

Food Selection , Storage, Preparation and Preservation

Question 1. What do you mean by food preservation?

Question 2. How are foods classified on the basis of shelf life?

Question 3. Why is food cooked ?

Question 4. What are the benefits of cooking in a pressure cooker ?

Question 5. What are the benefits of solar cooking ?

Question 6. What do you mean by Pasteurization ?

Question 7. What do you mean by Blanching ?

Question 8. What are the perishable foods? Give examples.

Question 9. What are the semi perishable foods? Give examples.

Question 10. What are non-perishable foods ? Give examples.

Question 11. What do you mean by fermentation?

Question 12. What do you mean by combination of foods?

Chapter - 5
Food Preservation

Question 1. What do you mean by food hygiene?

Question 2. What do you mean by food adulteration?

Question 3. What is intentional adulteration?

Question 4 Describe the common adulteration of milk.

Question 5. Why should the nose and mouth be covered while sneezing ?

Question 6. What are the different methods to minimise the pesticide residues from food?

Question 7. What should be done if you suspect insect or worm infestations in cauliflower, cabbage?

Question 8. The use of pressure cookers should be preferred for cooking meat products why?

Question 9 What do you mean by blanching?

Chapter - 6
Diet Therapy

Question 1. What do you mean by therapeutic diet?

Question 2. What do you mean by liquid diet?

Question 3. What do you mean by low fibre and high fibre diet?

Question 4. What do you mean by low calorie and high calorie diet?

Question 5. What do you mean by tube feeding?

Question 6. How is ORS solution made ?

Question 7. What type of food is recommended during diarrhoea ?

Question 8. What do you mean by BMI (Body Mass Index) ? How can obesity be measured by BMI ?

Question 9. What type of foods should be avoided in Diabetes Mellitus?

Question 10 What type of foods are recommended for cardiovascular disease?

Section B (Human Development)

Chapter-1

Beginning of Motherhood

Question 1. Which vaccine is given to protect a pregnant woman and her child from tetanus and when ?

Question 2. What is gene? With what chemical is it made of ?

Question 3. What do you mean by identical twins ?

Question 4. What do you mean by fraternal twins ?

Question 5. Define heart burn during pregnancy?

Question 6. What do you mean by In Vitro fertilization (IVF) ?

Question 7. What do you mean by Umbilical cord?

Question 8. What do you mean by Nausea during pregnancy?

Question 9 What do you mean by fetilization?

Chapter - 2

Prenatal Physiological Processes

Question 1. What is placenta ?

Question 2. Which children are affected by RH disease?

Question 3. What is foetus ?

Question 4 What do you mean by amniotic sac ?

Question 5 What are teratogens ?

Question 6. What are autosomes ?

Question 7. What are sex chromosomes ?

Question 8. What are the different stages of prenatal development ?

Question 9. What do you mean by examining prenatal development by ultrasound ?

Chapter - 3

Birth Process

Question 1. What do you mean by labour?

Question 2. What do you mean by bursting of water bag?

Question 3. What do you mean by placental stage?

Question 4. What do you mean by natural birth ?

Question 5. What do you mean by breech birth ?

Question 6. What do you mean by Cesarean section birth ?

Question 7. What do you mean by Instrument birth ?

Question 8. Which children are preterm children ?

Question 9. What do you mean by APGAR scale ?

Chapter 4

Postnatal Care of Mother

Question 1. What do you mean by postnatal period?

Question 2. What is the purpose of postnatal care ?

Question 3. Why does the mother and the newborn child need rest during postnatal period?

Question 4. How is breastfeeding helpful for the mother ?

Question 5. What do you mean by postnatal depression?

Question 6. Why does the mother need good nutrition during the postnatal period ?

Question 7. Why does mother need to pay attention to personal cleanliness after delivery ?

Question 8. Why does mother needs light exercise during postnatal period?

Question 9. What is helpful for the uterus return to its pre pregnancy size?

Chapter - 5

Care of newborn

Question 1. What do you mean by automatic responses ?

Question 2. What do you mean by Colostrum ?

Question 3. What do you mean by rooting ?

Question 4. What do you mean by palmer Grasp?

Question 5. What do you mean by supplementary food ?

Question 6. How should we take care of placenta?

Question 7. DTP vaccine protects us from which diseases ?

Question 8. What do you mean by Vaccination ?

Question 9 Why should small children be massaged before taking bath ?

Chapter 6

Infant Stimulation

Question . 1 How does the mother child interaction depend on the caring activities in routine ?

Question. 2 What do you mean by bonding?

Question .3. What do you mean by stranger anxiety related to small children?

Question 4. What do you mean by infant developmental play materials ?

Question 5. Which virus causes measles and which vaccine is given against it ?

Question 6. What kind of disease is whooping cough and which germ spreads this disease ?

Question 7. Which germ causes Tetanus?

Question 8. Which germ causes Tuberculosis (T.B.) and which part of body is affected by it?

Question 9. What do you mean by Rickets?

Short Answer Type Questions

Answer with in 5-8 sentences.

Section - A (Food and Nutrition)

Chapter - 1

Food , Nutrition and Health

Question 1. Explain the Socio cultural functions of food.

Question 2 Explain the psychological functions of food.

Question 3. Draw a diagram of food guide pyramid with necessary information. Question 4. What is malnutrition ? write its types with examples.

Question 5. List down the points to be considered for planning a balanced diet.

Question 6. Make a list of food groups that help in selection of foods to constitute a balanced diet .

Question 7. Plan a daily diet for an adolescent girl (16–17) taking in account the number of portions and food groups.

Chapter - 2

Nutrient and Nourishment

Question 1. Explain the functions of Sunshine Vitamin.

Question 2. Explain the deficiency and excess of vitamin D.

Question 3. Differentiate between dry and wet beri beri.

Question 4. Write a short note on Pellagra.

Question 5 Differentiate between fat and water soluble vitamins.

Question 6. What is the importance of water in maintaining our health ?

Question 7. Explain the functions of iron in our body?

Question 8. State the sources of protein and calcium.

Question 9. Write about the effects of deficiency and excess of calcium.

Question 10. Explain the functions of Carbohydrates.

Question 11. Explain functions of proteins.

Question 12. Write down the effects of deficiency of protein.

Question 13. Explain the functions of fats.

Question 14. Explain the functions of vitamin A.

Question 15. Write down the effects of deficiency of vitamin A.

Question 16. Write down the sources and effects of deficiency of vitamin K.

Question 17. Write down functions of vitamin C.

Chapter - 3

Meal Planning

Question 1. Write down the dietary modifications during old age.

Question 2. Prepare a list of supplementary foods that can be given to infants.

Question 3. Write down the points to be considered in planning a packed lunch for school going child.

Question 4. Write down the points to be considered by lactating mothers regarding their diet?

Question 5. Make a list of principles of meal planning.

Question 6. Write down the point to be considered carefully while planning the diet for school children?

Question 7. How can the diet of poor people be improved nutritionally?

Question 8. Prepare a diet plan for a school going child.

Question 9. Prepare a one day menu for six months old child.

Chapter - 4

Food Selection, Storage , Preparation and Preservation

Questions 1. Write the advantages of cooking food?

Question 2. Differentiate between shallow frying and deep frying.

Question 3. Write down the classification of food on the basis of shelf life.

Question 4. What are the principles of food preservation?

Question 5 What are the advantages of Blanching?

Question 6. List down the different methods of cooking food.

Question 7. Explain the advantages of germination/sprouting.

Question 8. What changes are brought about in food products during fermentation?

Question 9. List the methods of enhancing nutritive value of food at no cost.

Chapter - 5
Food Safety

Question 1. Why should nose and mouth be covered while sneezing or coughing ? .

Question 2. Give two ways to make fruits and vegetables safe to eat.

Question 3. What is intentional adulteration ?

Question 4. How food , hygiene and sanitation are inter relelated?

Question 5 Name two adulterants commonly added in milk. How will you detect their presence?

Question 6 Give four ways to keep the kitchen clean.

Question 7 The dal you purchased leaves too much colour on washing. what can be the reason? How will you test it?

Question 8 What information does a good label give us?

Question 9 What points should we keep in mind while purchasing food to maintain hygienic practices.

Chapter - 6
Diet Therapy

Question 1. Write down the principles of diet therapy.

Question 2. What is clear liquid diet? List the food items that can be included in a clear liquid diet.

Question 3. Explain Body mass index (BMI) as a measure of assessment of obesity.

Question 4. Explain ORT.

Question 5. What do you understand by wheat allergy? Deseribe it.

Question 6. What do you understand by high blood pressure? Describe it.

Question 7. Discuss the dietary modifications during constipation?

Question 8. Discuss the dietary modifications during diabetes mellitus?

Question 9. Discuss the dietary modifications during cardiovascular disease?

Section B (Human Development)

Chapter -1

Beginning of Motherhood

Questions 1. Make a list of early signs of pregnancy?

Question 2. How is the sex of a child determined?

Question 3. Make a list of discomforts of pregnancy?

Question 4. Why is it important to have good nutrition in prenatal care?

Question 5. What is the difference between identical and fraternal twins?

Question 6. Make a list of instructions for healthy pregnancy.

Question 7. What alternative reproductive methods are available for infertile couples?

Question 8. What kind of clothes should a woman wear during pregnancy?

Question 9. Why does a pregnant woman need to exercise during pregnancy.

Chapter -2

Prenatal Physiological Processes

Question 1. How do unborn babies receive their nourishment?

Question 2. What is the foetus?

Question 3. How is the sex of a baby determined?

Question 4. Differentiate between autosomes and sex chromosomes?

Question . 5 Write a note on Fetoscopy.

Question 6. Write a note on ultrasound.

Question 7. Write a note on Amniocentesis.

Chapter - 3

Birth Process

Question 1. What is a cesarean birth ?

Question 2. What is NICU and why is it used?

Question 3. What are the characteristics of the pre-term infants?

Question 4. Briefly describe the use of APGAR scale.

Question 5. What do you mean by placental stage?

Question 6. Write a note on instrument birth.

Question 7. What do you mean by Breech birth?

Question 8. Write a note on the expulsion stage.

Question 9. Write a note on post term babies.

Question 10. What are the premature babies? Explain why they need special care.

Chapter - 4

Postnatal care of mother

Questions 1. Explain the importance of maintaining personal hygiene during postnatal period.

Question 2. Explain the importance of rest and sleep in restoring the normal well-being of newly delivered mother.

Question 3 . What is the importance of good nutrition in postnatal period?

Question 4. Discuses the emotional benefits of breast feeding.

Question 5. Why is mother's medical checkup important during postnatal period?

Question 6. Write down the problems faced by the newly delivered mother.

Question 7 Explain the post care tips for cesarean mothers.

Question 8. What is the need of health education for a newly delivered mother in the postnatal period?

Question 9. What is the need of the post natal care of mother?

Chapter - 5

Care of Newborn

Question 1. Write a notes on supplementary feeding.

Question 2. What important points must be considered while bathing a young child?

Question 3. Define immunization? why is it important ?

Question 4. What do you mean by developmental mile stones?

Question 5. What points should be kept in mind while selecting clothes for child?

Question 6. What are reflexes and why are they important ?

Question 7. What points should be kept in mind while bottle feeding?

Question 8. Which is the best time to give massage to an infant and why is it important?

Chapter - 6

Infant Stimulation

Question 1. What is need of mother child interaction?

Question 2. What is the effect of mother child interaction on the emotions of babies?

Question 3. What should be the type of toys for children ?

Question 4. What do you mean by developmentally appropriate play material?

Question 5. Write a note on Rubella disease.

Question 6. Write a note on Mumps.

Question 7. Write a note on Rickets disease.

Question 8. Differentiate between stimulating actions and stimulating activities.

Question 9. Write a note on Measles.