

Mid-West University
Examinations Management Office

End Semester Exam-2081

B.Ed. Level /V Semester

Sub: Nutrition Education (POP453/454)

Roll No.

Group 'A'

10×1=10

Tick (✓) the Best Answer.

1. are included in the classification by nutrition value.
 - a. Vegetables and fruits
 - b. Protein
 - c. Carbohydrate
 - d. Mineral
2. Which one of the following substances is included in the group of minerals?
 - a. Glucose
 - b. Iodine
 - c. Vitamin C
 - d. All of the above
3. Anthropometric measurement means the measurement of ...
 - a. nutritional status
 - b. educational status
 - b. height and weight
 - d. none of the above
4. "Blocks on food paths" is the ...
 - a. leading factor of malnutrition
 - b. cause of malnutrition
 - c. symptoms of malnutrition
 - d. preventive measure of malnutrition
5. Which one of the followings is not included in the classification of Anaemia?
 - a. Megaloblastic Anaemia
 - b. Normo Anaemia cytic
 - c. Hemolytic Anaemia
 - d. Hypoplstic Anaemia
6. Which one is the following food groups is associated in balance diet?
 - a. Energy giving food
 - b. Body building food
 - c. Protective food
 - d. All of the above
7. ... is the effects of adulteration.
 - a. Headache
 - b. High fever
 - c. Heart failure
 - d. High risks in lungs
8. Low quality food material is harmful for ...
 - a. consumer's health
 - b. different product
 - c. consumer's education
 - d. none of the above
9. Which one is the domestic method of food storage?
 - a. Salting method
 - b. Dehydration
 - c. Heat and cold method
 - d. All of the above
10. " Oedema of body" is the ... of kwashiorkor.
 - a. cause
 - b. symptom
 - c. leading factor
 - d. none of above

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Level: B.Ed. / V Semester

FM: 60

Time: 3 hrs

PM: 30

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Candidates are requested to give their answers in their own words as far as practicable.

Attempt All the Questions.

Group 'B'

6 × 5 = 30

1. Define the meaning, importance and value of food and nutrition.
2. What is carbohydrate? Explain the functions of carbohydrate.
3. What is meant by malnutrition? Differentiate between over nutrition and under nutrition.

Or

List out the sources of water and explain briefly.

4. "Improper cooking is the leading factor of malnutrition". Justify.
5. Introduce Pellagra. Write the causes and symptoms of Pellagra.
6. Show your plan for making balance diet from locally available resources. Discuss.

Or

"Discuss the food preservation methods in local level.

Group 'C'

2 × 10 = 20

7. Elucidate the nutrition policy, strategies and consumer's right in Nepal.
8. List out the leading factors of malnutrition in the contest of your locality and explain with examples.

Or

Explain the various methods of assessing nutritional status of individuals.

THE END