



PRACTICE SET

End Semester Examination, Dec 2025

Program: BPT

Semester: V

Course: Nutrition for health

Course code: 23ADE04

Course Outcomes	Description
CO1	Describe the role of essential nutrients in maintaining overall health and preventing nutritional disorders.
CO2	Identify the causes, signs, and implications of nutrient deficiencies and excesses.
CO3	Correlate the impact of diet and lifestyle on the risk of developing chronic and lifestyle-related diseases.
CO4	Formulate basic dietary plans, including therapeutic and preventive diets, suitable for different populations.
CO5	Promote nutritional awareness and apply strategies for improving nutritional health in community settings.

Section A

(18x5 marks= 90)

1. Define Food and write about its function. [CO1] [unit 1] [Remember LOT]
2. Explain the importance of nutrition in human life, correlating it with the prevention of chronic and lifestyle-related diseases. [CO3] [unit 1] [Understand LOT]
3. List the major food groups and mention one nutrient deficiency associated with each group.[CO2] [unit 3] [Remember LOT]

4. Define the following: [CO1] [unit 2] [Remember LOT]
 - a. Food
 - b. Nutrition
 - c. Nutrients
 - d. Macronutrients
 - e. Micro nutrients
5. What are food Groups? [CO1] [unit 3] [Remember LOT]
6. Write about Cereals. [CO1] [unit 3] [Remember LOT]
7. Write a short note on Balance Diet. [CO3] [unit 4] [Remember LOT]
8. What is Recommended Dietary Intake /Allowance? [CO4] [unit 4] [Remember LOT]
9. List any four signs of malnutrition that can be observed during a clinical assessment.[CO 5] (Unit 5) (Remember LOT)
- 10.Elaborate on Diet Therapy. [CO4] (unit 4) [Understand LOT]
- 11.What are Deficiency Diseases? [CO4] [unit 4][Remember LOT]
- 12.Describe the basic principles of meal planning for a healthy adult. [CO 4] (Unit 4) (Understand LOT)
- 13.Write about Mini Nutritional Assessment. [CO4] [unit 5] [Remember LOT]
- 14.Explain the role of dietary assessment in evaluating nutritional status. [CO 5] (Unit 5) (Understand LOT)
- 15.Write a short note on Food Intoxication. [CO4] [unit 5] [Remember LOT]
- 16.Differentiate between Contamination, Food Adulteration and Food Adulterants. [CO4] [unit 5] [Remember LOT]
- 17.Write down the full form of FSSAI and explain its function. [CO4] [unit 5] [Understand LOT]
- 18.Write about Food Misinformation. [CO4] [unit 5] [Remember LOT]

Section B**(15 x 10 marks= 150)**

19. Explain the classification and functions of carbohydrates. [CO1] [Unit 2]
[Understand LOT]
20. Describe the process of digestion and absorption of proteins. [CO1] [Unit 2]
[Understand LOT]
21. Discuss the role of vitamins and minerals in maintaining good health. [CO1]
[Unit 2] [Apply LOT]
22. Explain the clinical features of Vitamin D deficiency and its preventive
measures. [CO2] [Unit 2][Understand LOT]
23. Discuss the impact of poor nutrition on cardiovascular health. [CO3] [Unit 3]
[Apply LOT]
24. Create a daily diet plan for adolescents that meets their energy needs and explain
why proper nutrition is important for them.[CO4] [Unit 4] [Create HOT]
- 25.Explain about dietary management for diabetes mellitus. [CO4] [Unit 4]
[Understand LOT]
26. Design a plan for nutritional education to prevent malnutrition in the community.
[CO5] [Unit 5][Create HOT]
- 27.Explain about the importance of food safety and hygiene practices. [CO5] [Unit
5] [Understand LOT]
28. What is food intoxication? Investigate how food fortification benefits the society
and mention a few real life examples of food fortification. [CO5] [Unit 5] [Analyse
HOT]
29. Critically assess the role of fruit and vegetable intake in managing and preventing
chronic diseases. [CO 3] (Unit 3) (Evaluate HOT)
30. What are the signs and symptoms of protein deficiency? Give examples of food
sources rich in protein.[CO 2] (Unit 3) (Remember LOT)

31. Analyze how consumption of processed foods influences the risk of lifestyle diseases such as obesity. [CO 3] (Unit 3) (Analyse HOT)
32. Apply your knowledge of nutrient functions to design a meal plan that prevents protein deficiency in a vegetarian. [CO 2] (Unit 2) (Apply LOT)
33. Discuss how socioeconomic and cultural factors contribute to nutrient deficiencies in communities. [CO 2] (Unit 1) (Understand LOT)

Section C

(10 x 20 Marks = 200Marks)

34. Critically analyze the role of macronutrients and micronutrients in health maintenance and disease prevention. [CO1] [Unit 2] [Analyse HOT]
35. Design a one-day meal plan for an adult that ensures adequate intake of macronutrients and justify your food choices based on their health benefits.
[CO2] [Unit 3] [Create HOT]
36. Analyze the correlation between nutrition, obesity, and metabolic syndrome.
[CO3] [Unit 3] [Analyse HOT]
37. Formulate a diet plan for prevention and management of lifestyle diseases such as hypertension and diabetes. [CO3] [Unit 4] [Create HOT]
38. Formulate a dietary plan for an athlete considering their energy requirements and nutritional needs. [CO4] [Unit 4] [Create HOT]
39. Prepare a sample diet chart for pregnant and lactating women, including justifications for the selected food items. [CO4] [Unit 4] [Create HOT]
40. Critically evaluate the role of community-based nutrition approaches in improving child health in India. Discuss the measures used for nutritional assessment and analyze how existing national programs contribute to reducing malnutrition among children [CO5] [Unit 5][Evaluate HOT]

41. What are the main challenges in diagnosing nutrient deficiencies in low-resource settings? Suggest innovative methods to improve early detection and effective management of nutrient deficiencies. [CO2] [Unit 1] [Analyze HOT]

42. Design a school-based nutrition education strategy aimed at promoting lifelong healthy eating habits among students and justify how such an initiative can have a long-term impact on community health. [CO5] [Unit 5] [Create HOT]

43. Evaluate the challenges and solutions in implementing balanced dietary practices in urban populations. [CO3] [Unit 3] [Evaluate HOT]

SUMMARY SHEET

Course Outcome Wise

CO	Question	Marks
CO1	1, 4, 5, 6, 19,20,21,34	70
CO2	3,22,30,32,33,35,41	85
CO3	2,7,23,29,31,36,37,43	100
CO4	8,10,11,13,15,16,17,18,24,25,38,39	100
CO5	9,12,14,26,27,28,40,42	95
	TOTAL	440

Unit Wise

	Question	Marks
Unit1	1, 2,33,41	40
Unit2	4,19, 20, 21, 22, 32,34	75
Unit3	3,5, 6, 23, 29, 30, 31,35,36,43	115
Unit4	7,8,10,11,12,24,25,37,38,39	105
Unit5	9,13,14,15,16,17,18,26,27,28,40,42	105
	TOTAL	440

Bloom Taxonomy Wise

	Question	Marks
LOT	1-23,24,25,27,30,32,33	190
HOT	24,26,28,29,31,34,35,36,37,38,39,40,41,42,43	250
	TOTAL	440

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Disclaimer: - This is a Practice Set. The Question in End term examination will differ from the Practice set. This Practice set is meant for practice only.