

**DIP-A-2028**

**DNHE-01**

**DIPLOMA EXAMINATION — JULY 2024.**

**Nutrition and Health Education**

**FUNDAMENTALS OF NUTRITION**

**Time : 3 hours**

**Maximum marks : 70**

**SECTION A — (3 × 3 = 9 marks)**

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

**All questions carry equal marks.**

1. Define macro nutrients.
2. Classify vitamins.
3. Mention the importance of balanced diet.
4. What is difference between overweight and obesity?
5. Define malnutrition.

SECTION B — ( $3 \times 7 = 21$  marks)

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

All questions carry equal marks.

6. Mentions the deficiency symptoms of essential fatty acids.
7. Discuss the role of nutrients in bone health.
8. Explain the impact of eating disorders on nutritional status of adolescents.
9. Describe the dietary management in diabetes.
10. Give a short note on dehydration.

SECTION C — ( $4 \times 10 = 40$  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 gut health.
12. Illustrate the role of antioxidants in health and diseases.
13. Describe the steps in menu planning.

14. Explain PEM in detail.
  15. Elaborate on the role of diet in Cardio vascular diseases.
  16. Explain vitamin A - sources, deficiency and requirements.
  17. Explain the nutritional requirement and dietary management in pregnancy.
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**DIP-A-2038**

**DNHE-02**

**DIPLOMA EXAMINATION — JULY 2024**

**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. How is food group classified?
2. List the activities of FSSAI.
3. Mention the advantages of food processing.
4. Explain freeze drying.
5. Write the schematic flow chart to prepare any squash.

PART B — ( $3 \times 7 = 21$  marks)

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

All questions carry equal marks.

6. Highlight the composition of animal source of protein.
7. Describe the steps in maintaining the sanitation in the working area.
8. Illustrate few steps to prevent nutrient loss during processing.
9. Discuss solar drying.
10. Give a note on toxins effects of adulterants in foods.

PART C — ( $4 \times 10 = 40$  marks)

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

All questions carry equal marks.

11. Describe the nutritional value and composition of millets.
12. Elaborate on the toxic constituents in foods.
13. Explain the advantages in minimally processed foods.

14. Food Irradiation — discuss in detail.
  15. Explain the advantages and disadvantages of preserving food by chemicals.
  16. Elaborate on the various methods to prevent food spoilage and wastage.
  17. Discuss the various traditional methods of food processing.
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<b>DIP-A-2039      DNHE-03</b>
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**DIPLOMA EXAMINATION —  
JULY 2024.**

**Nutrition And Health Education**

**PUBLIC HEALTH AND MANAGEMENT OF  
DISEASES**

**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.    What is health policy?
2.    Define contaminant.
3.    List any three causes of food borne illness.
4.    What is black fever?
5.    What is the common causes nasal infection?

PART B — ( $3 \times 7 = 21$  marks)

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

All questions carry equal marks.

6. Discuss population dynamics.
7. Describe the methods to maintain green environment.
8. List out and explain the simple strategies to treat food poisoning.
9. Discuss the role of vaccines in disease management.
10. Give a outline on methods for effective water management.

PART C — ( $4 \times 10 = 40$  marks)

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

All questions carry equal marks.

11. Elaborate on the principles of National health policy.
12. Highlight on the strategies for non degradable waste management in our country.



13. Discuss about the food intoxicants.
  14. Explain AIDS – symptoms and treatment.
  15. Describe the importance personnel hygiene among school students.
  16. Leptospirosis – causes, signs and symptoms explain?
  17. Inter relate health indicators to individual health status.
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**DIP-A-2040**

**DNHE-04**

**DIPLOMA EXAMINATION —  
JULY 2024.**

**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 anthropometry.
2. What is urban public health centers?
3. List any three activities of WHO.
4. What is supplementary feeding program?
5. Mention the benefits of mass education.

PART B — ( $3 \times 7 = 21$  marks)

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

All questions carry equal marks.

6. Emphasize on the measures taken to nutrition security.
7. What is the role of public health sectors in India?
8. Write a about national programme for iodine deficiency.
9. Why are visual aids important in nutrition education?
10. What are the major micronutrient deficiency in India?

PART C — ( $4 \times 10 = 40$  marks)

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

All questions carry equal marks.

11. Elaborate on the significance of clinical signs for nutritional assessment.
12. Discuss health care schemes for women.

13. Give a detailed note on Poshan Abhiyaan to combat anaemia.
  14. Illustrate the plan for nutrition education programme for school children.
  15. First 1000 – Best healthy days program in India.
  16. Explain the dietary assessment tool kit and its functionality.
  17. Plan a nutrition education programme for mothers to promote breast feeding.
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