



**LONG ESSAYS** FirstRanker's choice

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2 X 10 = 20 Marks  
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1. Explain in detail on naturopathy diet.
2. Management of rheumatoid arthritis by fasting and diet

**SHORT ESSAYS**

10 X 5 = 50 Marks

3. Physiological effects of fasting
4. Medicinal value of citrus food
5. Types of cooking and its benefits
6. Write in detail on importance of protein rich diet.
7. Food allergy
8. Seasonal diet
9. Medicinal value and benefits of apple
10. Sane fasting
11. Difference between fasting and hunger
12. Importance of Vitamin A in diet

**Multiple Choice Questions**

10 X 1 = 10 Marks

13. Botanical name of black pepper
  - a) Momordica charantia
  - b) Piper nigrum
  - c) Piper longum
  - d) None of the above
14. Calcium rich food
  - a) Rice
  - b) Wheat
  - c) Ragi
  - d) Maida
15. The fasting cure vital economy by
  - a) Henry lindlar
  - b) Herbert M Shelton
  - c) K Lakshmana Sharma
  - d) Mahatma Gandhi
16. Calorie of buttermilk
  - a) 60 K cal
  - b) 92 K cal
  - c) 32 K cal
  - d) 80 K cal





Which vegetable juice is good for anemia.

- a) Asparagus juice
- b) Beetroot juice
- c) Bottle gourd juice
- d) None of the above

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19. Vitamin E rich food

- a) Almond
- b) Grape
- c) Apple
- d) Onion

20. Magnesium rich fruits

- a) Banana
- b) Apple
- c) Water melon
- d) Orange

21. Diet for kwashiorkor

- a) Milk
- b) Banana
- c) Apple
- d) Orange

22. Diet for osteoporosis

- a) Ragi
- b) Papaya
- c) Date
- d) Drum stick leaves

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