

CHAPTER 4 – MEAL PLANNING

PART A

I Answer the following questions (1 Mark)

1. Define meal planning.
2. What is food group?
3. What is food pyramid?
4. Define balanced diet.
5. List the factors affecting meal planning.
6. What do you mean by fluid diet?
7. What is clear fluid diet?
8. What is full fluid diet?
9. What do you mean by soft diet?
10. What is bland diet?

PART B

II Answer the following questions (2 Marks)

1. What is the significance of five food group system?
2. What is food group? Name the five food groups.
3. What is the significance/importance of balanced diet?
4. Define meal planning. List the factors affecting meal planning.
5. Briefly mention the dietary guidelines for infants.
6. What is fluid/soft/bland diet?

PART C

III Answer the following questions (3 Marks)

1. Briefly explain the dietary guidelines for preschool children.
2. What is food pyramid? Explain it with neat diagram.
3. Write a short note on dietary guidelines for pregnant and lactating woman.
4. List the factors to be considered in meal planning. Explain any two.
5. What is modification of normal diet? Give example.
6. Write a short note on dietary guidelines for adolescents.
7. Explain (i) Fluid diet (ii) Soft diet (iii) Bland diet.
8. Classify food groups.

PART D

IV Answer the following questions (5 Marks)

1. What is food pyramid? Explain it with a neat diagram.
2. Define meal planning. Explain the factors to be considered in meal planning.
3. Discuss the factors to be considered while meal planning.
4. Define balanced diet. What are dietary guidelines for preschool children?
5. Explain the modification of normal diet for therapeutic purpose.
6. What is the importance of balanced diet for elderly people? Give the dietary guidelines for them.