

ANM 1st
HP Assignment

Short Answer Questions

Ques 1 What is nutrition? Give its importance in health and sickness.

Ques 2 Write source, requirements and functions of the following?

(a) carbohydrates (b) fats (c) Proteins.

(d) fat soluble vitamins

Ques 3 Write source, requirements and function of vitamins and minerals.

Ques 4 Explain protein energy malnutrition.

Ques 5 Describe disease caused due to protein energy malnutrition.

Ques 6 Write a note on road to health card / growth chart.

- Ques 7 Enlist principle of cooking.
- Ques 8 Enlist various method of cooking.
- Ques 9 Write short note on food storage.

Long Answer
Question

- Ques 10 Discuss food hygiene and safe preparation of food.
- Ques 11 Describe blood.
- Ques 12 Enlist organ and function of various system of human body.
- Ques 13 Describe Cranial nerve in detail.
- Ques 14 What is personal hygiene?
- Ques 15 How will you keep physically active in your daily life.
- Ques 16 Enlist main basic needs for optimal functioning of our body.
- Ques 17 Enlist Basic Sanitary needs.

Ques 18 Enlist method of waste disposal. Explain any one.

Ques 19 Describe Health Hazards due to waste.

Ques 20 How do disease spread through excreta
Explain the barriers to prevent spread of disease.

Ques 21 How will you educate the community about environmental sanitation.