Growth & Development - Past Exam & MNU1 Questions

Organization: Arranged by Lecture Topics, and chronologically by Batch (57 → 58 → 59 → 60 → 61 → MNU1 Questions) within each topic.

1. Anthropometric Measures: Weight

1. A child 4 months old his weight is expected to be: (Final 58)

A. 6 Kg

Answer: A (6 Kg)

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2. What is the average weight of a 4-month-old infant? (Final 59)

A. 5Kg
B. 6Kg
C. 7Kg
D. 8Kg
E. 9Kg

Answer: B

① Weight

Age	Growth rate	Weight
at birth	----------	3 - 3.5 kg
First 4 months	Increases 750 gm/month	6 kg (DOUBLE HIS WEIGHT)
Second 4 months	Increases 500 gm/month	8 kg
Third 4 months	Increases 250 gm/month	9 kg (TRIPLE HIS WEIGHT)
During early childhood (from 1-6 years)	2 kg/year	$Weight\ in\ kg = (\text{Age in years X } 2) + 8$
During late childhood (from 7-12 years)	2.5 Kg/year	$Weight\ in\ kg = \frac{(\text{Age in years X } 7) - 5}{2}$

2. Anthropometric Measures: Head Circumference (OFC)

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3. The normal occipito-frontal circumference (OFC) in a 9-months infant is: (Final 57, Midterm 61, MNU1 Questions)

A. 38 cm
B. 40 cm
C. 42 cm
D. 44 cm
E. 45 cm

Answer: D (44 cm)

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4. Head circumference of 1 year old child is: (Final 58)

A. 45 cm

Answer: A (45 cm)

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5. The normal occipito-frontal circumference (OFC) in a full-term newborn is: (Final 60)

A. 35 cm
B. 40 cm
C. 42 cm
D. 38 cm
E. 45 cm

Answer: A

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④ Head Circumference

Age		Growth rate	Head Circumference
at birth		---------	35 cm
First 3 months		Increases 2 cm/month	41 cm
Next 9 months	6 months	Increases 0.5 cm/month	43 cm
	9 months		44 cm
	1 year		45 cm
5 years		---------	50 cm
12 years		---------	53 cm
Adult		---------	55 cm

2 YEARS ⇨ 47 CM

6. What is the expected head circumference of a healthy 2 year old infant? (Final 61)

A. 37 cm

B. 42 cm

C. 47 cm

D. 50 cm

E. 55 cm

Answer: C

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3. Anthropometric Measures: Proportionality (U/L Segment Ratio)

7. The normal upper segment/lower segment (U/L ratio) in a 5-years-old child is: (Final 57, Final 60, Midterm 61, MNU1 Questions)

A. 0.75:1

B. 0.90:1

C. 1.0:1

D. 1.25:1

E. 1.70:1

Answer: D (1.25:1)

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8. What is the average upper segment/lower segment ratio (U/L ratio) in an 8-year-old child? (Final 59)

A. 0.9:1

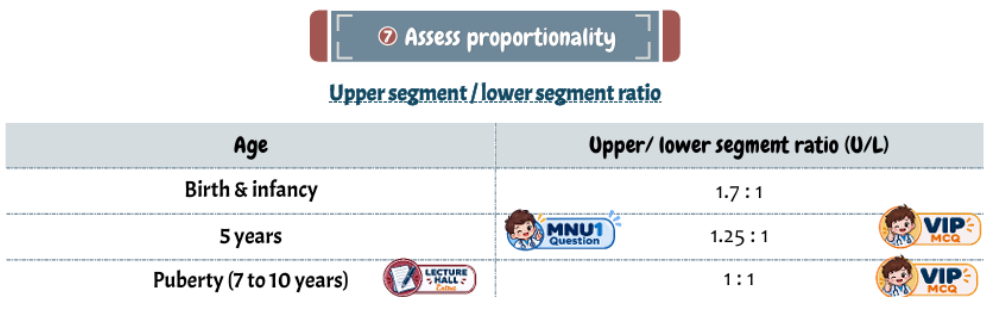
B. 1:1

C. 1.3:1

D. 1.7:1

E. 1.9:1

Answer: B



4. Triceps Skin Fold Thickness

9. Triceps fold thickness at one year: (End Round 3 - 57)

A. 7mm

B. 12mm

C. 20mm

Answer: B

- **Triceps skin fold thickness:**
  - At birth = **7 mm.**
  - At 1 year = **12 mm.**

10. Skin fold thickness at birth - (End Round 1 - 59)

A. 7 mm.

Answer: A (7 mm)

11. What is the normal subcutaneous skin fold thickness at birth? (Midterm 60, Midterm 61)

A. 2 mm.

B. 9 mm.

C. 7 mm.

D. 4 mm.

E. 5 mm.

Answer: C (7 mm)

5. Osseous Maturation (Bone Age & Ossific Centers)

12. Which of the following ossific centers is absent in a full-term newborn at birth? (Final 59)

A. Distal end of the femur
B. Proximal end of the tibia
C. Lower end of the radius
D. Talus
E. Cuboid

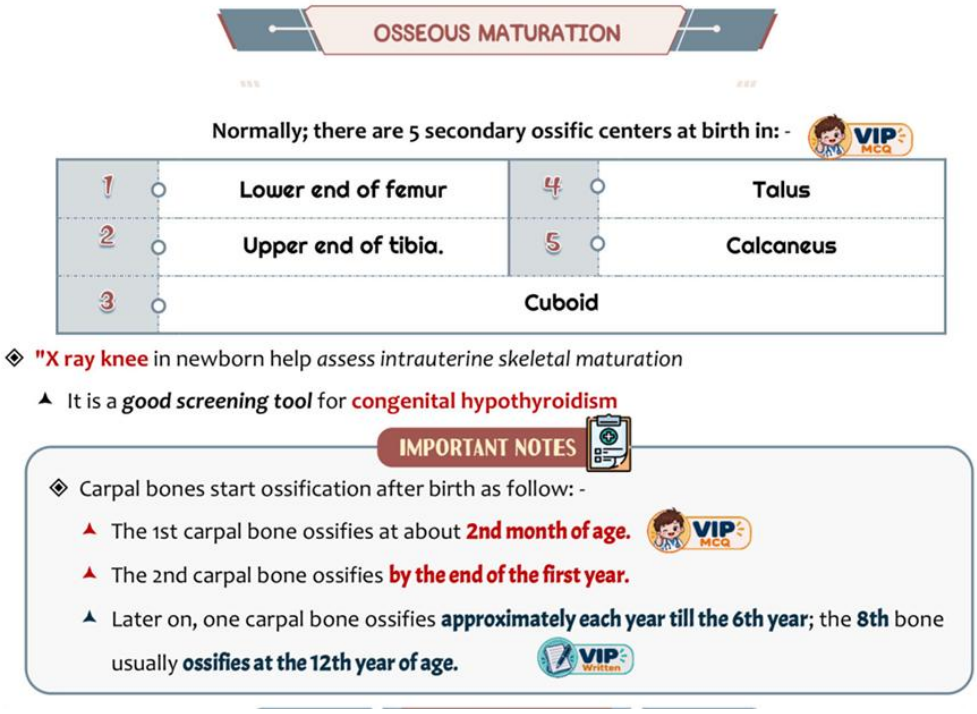
Answer: C

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13. When does the first carpal bone in normal infant start to appear? (Final 61)

A. 2 months
B. 4 months
C. 9 months
D. 11 months
E. 6 months

Answer: A



6. Developmental Milestones

14. The child who's able to eat with knife and fork, makes tower of 8 cubes, give name, age, and sex is: (Final 57, Final 60)

A. 20 months old
B. 24 months old
C. 28 months old
D. 30 months old
E. 36 months old

Answer: D & E

Clarification: Fine Motor, Social, and Language cells in the lecture table are shared between 30 and 36 months unless differentiated by Gross Motor milestones.

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15. The expected age at which infant starts to sit momentary by his arms, transfer objects from hand to hand is: (Final 57, Final 60)

A. 4 months
B. 5 months
C. 6 months
D. 7 months
E. 9 months

Answer: C

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16. A normal infant can achieve pincer grasp at the age of: (Final 57, Final 61)

A. 3 months
B. 6 months
C. 9 months
D. 12 months
E. 14 months

Answer: C

17. Child Mimic actions of others at age of: (Final 58)

A. 18 month.

Answer: A (18 months)

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18. The child walks upstairs with one hand held at: (Final 58)

A. 18 months

Answer: A (18 months)

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19. The expected age at which the infant comes when called, plays simple ball game is: (Final 59)

A. 6 months
B. 7 months
C. 9 months
D. 10 months
E. 12 months

Answer: E

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20. A mother brings son to the hospital for a routine check-up. You ask if the child is able to walk upstairs and the mother states, he can walk upstairs with one hand held. At what age should an infant start to walk upstairs with one hand held? (Final 59)

A. 10 months
B. 12 months
C. 18 months
D. 24 months
E. 30 months

Answer: C

21. At what age would an infant acquire the ability to mimic action of others? (Final 60, Final 61)

A. 9 months
B. 12 months
C. 15 months
D. 18 months
E. 24 months

Answer: D

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22. What is the average age at which a child is able to eat with knife and fork and build a tower of 8 cubes and gives full name age and sex is? (Final 61)

A. 20 months old
B. 22 months old
C. 24 months old
D. 26 months old
E. 30 months old

Answer: E

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23. At what age can a child eat with knife and fork, build a tower of 8 cubes, jump on spot, and give name? (MNU1 Questions)

A. 24 months old
B. 36 months old
C. 12 months old
D. 18 months old
E. 60 months old

Answer: B (36 months old)

Clarification: Here "jump on spot" is a Gross Motor milestone specific to 36 months.

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24. At what age does the child run well and build a tower of 8 cubes? (MNU1 Questions)

A. 24 months

B. 36 months

C. 12 months

D. 18 months

E. 60 months

Answer: B (36 months)

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25. At what age does the child build a tower of 6 blocks? (MNU1 Questions)

A. 9 months

B. 12 months

C. 24 months

D. 36 months

E. 18 months

Answer: C (24 months)

7. Stages of Growth and Development

26. Regarding staging of human growth and development, infancy defined as the period between: (Final 57, Final 60)

A. 1-24 months
B. 2-3 years
C. 4-5 years
D. 6-8 years
E. 8-10 years

Answer: A

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27. Adolescent is the age of: (Final 58)

A. 12-18 years

Answer: A (12-18 years)

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28. Regarding stages of human growth and development, adolescence is defined as the period between: (Final 59)

A. 10-14 years
B. 11-16 years
C. 12-16 years
D. 12-18 years
E. 14-18 years

Answer: D

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29. A patient aged 30 days is considered? (Midterm 61)

A. An infant
B. A child
C. An adolescent
D. A neonate
E. A toddler

Answer: A

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30. Regarding the stages of human growth and development which of the following is that correct definition of adolescence: (Final 61)

A. 10 to 15 years
B. 8 to 9 years
C. 16 to 17 years
D. 18 years
E. 6 to 7 years

Answer: A

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31. What is the duration of infancy? (MNU1 Questions)

A. First 4 weeks after birth
B. 1 to 24 months
C. 2 to 6 years
D. 6 to 12 years
E. 12 to 18 years

Answer: B

Stage		Period of	Duration
NEONATAL PERIOD		Extrauterine environmental adaptation	First 4 weeks after birth
INFANCY		Most rapid physical growth & mental development	1 – 24 months
CHILDHOOD	Early	Weaning & World exploration	2 – 6 years "toddler or Preschool age"
	Late	----------	6 – 12 years "school age"
ADOLESCENCE		Physical growth & maturation	12 – 18 years

8. Overlap Questions

32. Thyroxin overdose: **(End Round 1 - 58)**

A. Premature cranial suture fusion

Answer: A (Premature cranial suture fusion)

Overlap relates to premature closure of fontanelle / craniosynostosis due to hyperthyroidism.