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## Part III — NUTRITION & DIETETICS

( English Version )

Time Allowed : 3 Hours ]

[ Maximum Marks : 150

### PART - A

- Note : i) Answer all the questions.  
ii) All questions carry equal marks.

I. Fill in the blanks :

20 × 1 = 20

- 100 ml of milk provides ..... k.cal of energy.
- To improve protein quality the ratio of cereal protein and pulse protein should be in ..... ratio.
- ..... hormone facilitates release of milk from alveoli.
- World's breast feeding week is .....
- Finger nails becoming thin and flat due to iron deficiency is called .....
- The requirement of ..... increases as blood volume increases.
- An eating disorder characterized by refusal to eat and loss of body weight is called .....
- The RDA for Pyridoxine is ..... for both adult man and woman.
- The branch of Nutrition related to the elderly population is .....

[ Turn over

10. The liquid diet totally devoid of residue is called .....
11. Tuberculosis is an infectious disease caused by the bacillus .....
12. Body mass index is called ..... index.
13. Peptic ulcer is caused due to ..... bacterial infection.
14. Conversion of glycogen to glucose is called .....
15. Polydipsia means .....
16. Potassium content can be reduced in vegetables by ..... method
17. .... brings cholesterol from the tissues back to the liver for safe disposal.
18. Adequate maintenance of ..... is an important element in the smooth functioning of dietary department.
19. Diet Counselling begins with patient ..... information.
20. The Ca : P ratio in the diet should be maintained at .....

II. Write *True* or *false* :

10 × 1 =

21. Average weight gain during pregnancy is 20 kg.
22. The main culprit of acne is overactivity of sebaceous glands in the skin.
23. The recommended allowance of calcium per day during old age is 1000 mg.
24. Each pulse exchange provides 8 gms of protein.
25. The normal waist to hip ratio is 0.7.
26. Heart disease can be easily monitored by the available diagnostic test (uristix).
27. Uremia is the accumulation of nitrogenous constituents in the blood.
28. Heart possesses 4 chambers.
29. Computer can be used as a tool to teach menu planning.
30. Infective hepatitis is otherwise known as viral hepatitis.

III. Choose the right answer :

10 × 1 = 10

31. The energy requirement per day for a teacher ( male ) is
- a) 1875 k.cal
  - b) 2875 k.cal
  - c) 2425 k.cal.
32. Yolk can be given during which month of infancy ?
- a) 3 months
  - b) 6 months
  - c) 9 months.
33. The pathological condition arising from coincident lack of varying proportions of protein and calorie is
- a) kwashiorkor
  - b) anaemia
  - c) xerosis.
34. The weight of a reference Indian man is
- a) 50 kg
  - b) 70 kg
  - c) 60 kg.
35. A scanty output of urine less than 500 ml is
- a) oliguria
  - b) anuria
  - c) uremia.
36. Which of the following is a causative for ulcer ?
- a) Stress
  - b) Activity
  - c) Salmonella.

37. The bad cholesterol which may lead to heart attack is
- LDL
  - HDL
  - VLDL.
38. The vitamin necessary for dentine is
- vitamin B
  - vitamin D
  - vitamin C.
39. During pregnancy the amount of calcium requirement per day is
- 600 mg
  - 500 mg
  - 1000 mg.
40. Type II diabetes mellitus is
- insulin dependent
  - non-insulin dependent
  - carbohydrate dependent.

IV. Match the following :

10 × 1 =

- |                         |                         |
|-------------------------|-------------------------|
| 41. Foods rich in fibre | a) Low sodium diet      |
| 42. Hypertension        | b) Kidney stone         |
| 43. Master file         | c) Tube feeding         |
| 44. Calcium oxalate     | d) Liver                |
| 45. Enteral feeds       | e) Clay chalk ingestion |
| 46. Cirrhosis           | f) Computer             |
| 47. Pica                | g) Hypothalamus         |
| 48. Trauma              | h) Broka's index        |
| 49. Body weight         | i) Gall stone           |
| 50. Cholelithiasis      | ii) Constipation        |

**PART - B**

- V. Note :
- i) Answer any *fifteen* questions.
  - ii) All questions carry equal marks.
  - iii) Each answer should not exceed 30 words. 15 × 2 = 30
51. Write down the effect of malnutrition during infancy.
  52. Define Macrophages.
  53. Mother's milk is the best food for pre-term babies. Why ?
  54. List any two Vitamin A deficiency diseases.
  55. Give two examples of packed lunch.
  56. Define Anorexia nervosa.
  57. Write down the effects of malnutrition due to teenage pregnancy.
  58. Write briefly on the process of Aging.
  59. Define Bolus method.
  60. List the causes of fever.
  61. Explain body mass index as a measure of assessment of obesity.
  62. What are the symptoms of cirrhosis of liver ?
  63. What is cholelithiasis ?
  64. What are the causes for chronic renal failure ?
  65. What is hyperkalemia ?
  66. Write a note on "cigarette smoking".
  67. List any four causes of Hypertension.
  68. What are the objectives of the Indian Dietetic Association ?
  69. What are the approaches utilized in arriving the RDAs ?
  70. How will you stimulate interest in pre-schoolers to eat food ?

**PART - C**

- VI. Note :
- i) Answer any *six* questions.
  - ii) Question No. 80 is compulsory.

6 × 5 =

71. Write any five points to be followed while planning a balanced diet.
72. Explain any three problems during pregnancy.
73. Give the immunization schedule for an infant.
74. What are the factors to be considered in planning packed lunch for school going children ?
75. Write briefly on the requirement of minerals for adults.
76. What are the factors to be considered in planning therapeutic diets ?
77. State the metabolic effects of fever.
78. Explain ORT.
79. Explain Benedict's test.
80. List the clinical symptoms of Glomerulonephritis.

OR

How will you counsel an ulcer patient based on dietary guidelines ?

**PART - D**

- VII. Note :
- i) Answer *all* the questions.
  - ii) All questions carry equal marks.

4 × 10 = 40

81. Explain the nutrient needs during lactation.

OR

What are the common nutrient related problems among adolescents ?

82. Explain the physical and physiological changes during old age.

OR

What are the factors that contribute to obesity ?

83. Explain symptoms and dietary management in infectious Hepatitis.

OR

Write a note on the complications of diabetes.

84. Explain the functions of Kidney.

OR

Explain sodium restricted diets.

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