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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

1. A major objective of planning meals is to achieve
2. Foods that help to produce more milk are called
3. is an iron-binding protein that inhibits the growth of E.coli.
4. The protein requirement of 4 – 6 years old is grams.
5. School going age is called period.
6. The process of physical development from a child to an adult is called
7. The weight of an Indian standard man is kg.
8. of bones is more rapid than mineralisation in old age.
9. A diet is a transition between full liquid and normal diet.
10. The hormone which induces fever is
11. Obesity indicates energy balance.

[Turn over

12. is necessary for normal muscle tone of the gastrointestinal tract.
13. is conversion of glycogen to glucose.
14. NIDDM usually affects adults.
15. The basic functional unit of kidney is
16. refers to the tight, pressure burning and severe pain across the chest.
17. Deposits of fatty tissue in blood vessels are called
18. The strongest predisposing factor in Diabetes mellitus is
19. The major objective of the diet counselling is to the patient regarding the nature of disease.
20. nutritional instructions educate individuals on the relationship of diet and disease.

II. Write *True* or *false* :

10 × 1 = 10

21. Growing child requires more calories per kg of body weight than an adult.
22. ICMR recommendation for folic acid during pregnancy is 500 µg/day.
23. During school going age boys are taller than girls.
24. Iron requirement for women per day is 30 mg.
25. Compared to normal adults, the elderly requires more amount of fruits and vegetables.
26. Barley water is a clear fluid diet.
27. Obstructive constipation is due to the malignancy of colon.
28. A low protein diet is helpful for regeneration of the liver.
29. Foods with low glycemic index should be included in a diabetic diet.
30. Normal blood pressure is 120 mm Hg/80 mm Hg.

III. Choose the right answer :

10 × 1 = 10

31. Agricultural labourer belongs to

- a) moderate worker
- b) heavy worker
- c) sedentary worker.

32. Premature babies are born before of gestation.

- a) 37 weeks
- b) 35 weeks
- c) 28 weeks.

33. The disease that is caused by protein deficiency is

- a) marasmus
- b) kwashiorkor
- c) night blindness.

34. Transamination to synthesize non-essential amino acids requires more

- a) Vitamin B_3
- b) Vitamin B_2
- c) Vitamin B_6

35. is effective in slowing down mental deterioration.

- a) Carnitine
- b) Serotonin
- c) Calcitonin.

36. Which of the following is a causative factor for ulcer ?

- a) Stress
- b) Activity
- c) Salmonella typhi.

[Turn over

37. Presence of blood in urine is
- haematuria
 - proteinuria
 - glycosuria.
38. Who plans, develops, controls and evaluates food service system ?
- Administrative Dietitian
 - Therapeutic dietitian
 - Public health nutritionist.
39. is needed to promote healing of the T.B. lesions.
- Calcium
 - Iron
 - Vitamin C.
40. provide instant access to medical record to schedule tests and retrieve laboratory data.
- Micro-computers
 - CD ROM
 - Multimedia.

IV. Match the following :

10 × 1 = 10

- | | |
|-------------------------|---------------------------|
| 41. Balahar | a) second growth spurt |
| 42. Marasmus | b) obesity |
| 43. Dental caries | c) CFTRI |
| 44. Adolescence | d) peptic ulcer |
| 45. Adult women | e) cirrhosis of the liver |
| 46. Dietetics | f) school going age |
| 47. Anopheles | g) energy malnutrition |
| 48. Hypothalamus injury | h) anaemia |
| 49. Hydrochloric acid | i) malaria |
| 50. Ascites | j) therapeutic diets. |

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. List four foods to be included to meet additional needs of iron.
52. Highlight the importance of cholostrum.
53. List some food supplements (liquid) that can be given for an infant.
54. What does the Infant Milk Substitute (IMS) Act, 1992 insist ?
55. Define nutritional dwarfing.
56. Why is more protein recommended for school going girls (10 – 12 years) ?
57. Write a short note on growth spurt.
58. List the reasons for additional requirement for iron in adolescent boys.
59. How does denture in the old people affect nutrition and health ?
60. Write the objectives of diet therapy.
61. What is fever ? List its types.
62. Why is sodium restricted in obesity ?
63. State the diet management in jaundice.
64. What is cholelithiasis ?
65. List the foods rich in calcium and oxalate.
66. List the methods by which you can raise the HDL level.
67. What is a functional food ?
68. Define dietitian.
69. List any four guidelines for dietetics counselling.
70. List any two interview techniques.

[Turn over

PART - C

- VI. Note : i) Answer any six questions.
ii) Question No. 80 is compulsory. 6 × 5 = 30
71. Write briefly on the steps to be followed in planning a meal for an adult man doing moderate work.
72. Discuss the reasons which necessitate the need for additional nutrients during pregnancy.
73. Tabulate the latest immunisation schedule.
74. List the objectives of school lunch programme.
75. Enumerate the important points to be considered in weaning.
76. Explain the common nutrient related disorders in adults.
77. How can the increased calorie requirement in fever be met ? What is the contribution of carbohydrate and fat ?
78. Give the therapeutic goal of ulcer.
79. Write a short note on GFR.
80. Differentiate between enteral and parenteral feeding.

OR

Distinguish between type I and type II Diabetes.

PART - D

- VII. Note : i) Answer *all* the questions.
ii) *All* questions carry equal marks. 4 × 10 = 40
81. Explain the physiological changes during pregnancy.

OR

Explain the eating disorders common among adolescents.

7.

82. Discuss the nutritional problem in old age.

OR

Explain the Aetiology and Dietary modification in underweight.

83. What are the functions of liver ? List the causes of jaundice.

OR

Explain the diagnostic tests to detect Diabetes.

84. What are the functions of kidneys ? Define glomerulonephritis.

OR

"Fat is the only factor which can prevent and control the cardiovascular diseases." Justify.
