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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. The quantity of prepared food consumed by a person is called
2. The calcium requirement for an adult woman is
3. Growth monitoring is best done using
4. Blindness due to is an important public health problem among children in India.
5. An 11 year old boy requires per day mg of Iron.
6. The percentage of Iron absorption is more in adolescent
7. The weight of an Indian reference man is
8. The Branch of Nutrition related to the elderly population is
9. The calorie requirement is increased in fever owing to in BMR.
10. People with BMI less than are considered underweight.
11. is necessary for normal muscle tone of the G.I. Tract.

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12. includes all foods which are liquid or can be liquefied at room and body temperature.
 13. Patients with poor dentition requires diet.
 14. Liver is involved in the of food.
 15. is done to find the urine sugar level.
 16. Gluconeogenesis is the conversion of to glucose.
 17. is known as "Good Cholesterol".
 18. Accumulation of Nitrogenous constituents in the Blood is called
 19. The Indian Dietetics Association was founded with as President.
 20. are useful in detecting new genetic inborn errors.
- II. Write *True* or *false* : 10 × 1 = 10
21. 100 ml of milk provides 80 k.cal of energy.
 22. A malnourished mother supplies nutrients to the foetus at the expense of her own tissues.
 23. The primary cause of Malnutrition is chronic infection.
 24. In school age the children establish a particular pattern of Food Intake.
 25. With increasing age, cell functioning is slowed down.
 26. Polymeric mixtures contain commercial enteral mixtures of varying osmolarity.
 27. Sodium is needed to promote healing of the tuberculosis lesions.
 28. Conversion of glycogen to glucose is called heparin.
 29. Dietary cholesterol intake should be less than 300 mg/day.
 30. Patients with malnutrition related mellitus develops a life-threatening metabolic complication referred to as ketoacidosis.

III. Choose the right answer :

$10 \times 1 = 10$

31. To improve protein quality, the ratio of cereal protein to pulse protein should be
- a) 4 : 1
 - b) 1 : 1
 - c) 4 : 3.
32. Which is a period of imitating and sex identification ?
- a) Infancy
 - b) Preschool
 - c) Adolescence.
33. The quantity of pulse requirement for school going children is
- a) 50 gms
 - b) 60 gms
 - c) 70 gms.
34. Transamination to synthesize non-essential amino acids requires more of
- a) Vitamin B_{12}
 - b) Vitamin C
 - c) Vitamin B_6 .
35. ICMR has recommended RDA for vitamin C per day for adult men and women as
- a) 50 mg
 - b) 45 mg
 - c) 40 mg.
36. Which of the following is the causative agent of malaria ?
- a) Salmonella typhi
 - b) Anopheles mosquito
 - c) Stress.

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37. Which food should be avoided in a diet for peptic ulcer ?

- a) Custard
- b) Puffed rice
- c) Alcohol.

38. The other name for chronic renal failure is

- a) Uraemia
- b) Oliguria
- c) Anuria.

39. Which of the following is the symptom of Diabetes Mellitus ?

- a) Urolithiasis
- b) Polyphagia
- c) Inelastic skin.

40. Which is sufficient to reduce cholesterol ?

- a) Garlic
- b) Potato
- c) Cheese.

IV. Match the following :

10 × 1 = 10

- | | |
|--------------------------------|----------------------------|
| 41. Persistent vomiting | a) Elderly woman |
| 42. Cleft palate | b) Dehydration |
| 43. Iron | c) Diabetes Mellitus |
| 44. Linolenic Fatty Acid | d) Nutrition Programme |
| 45. Osteoporosis | e) Artificial Feeding |
| 46. Grade III Obesity | f) Hyperemesis gravidarum |
| 47. Pinch test | g) Food Service Management |
| 48. Polyuria | h) Haemoglobin |
| 49. Public Health Nutritionist | i) Atherosclerosis |
| 50. Computer | j) Essential Fatty acid. |

PART - B

- V. Note :
- i) Answer any *fifteen* questions.
 - ii) All questions carry equal marks.
 - iii) Each answer should not exceed 30 words. $15 \times 2 = 30$

51. Mention the importance and need for additional nutrient to meet the demand during pregnancy.
52. Mention two symptoms of Iron deficiency of Anaemia.
53. Write a short note on 'Natural Contraception'.
54. Write two growth factors present in Breast Milk.
55. Mention the four factors that aggravate the child's dietary deficiency.
56. What are the two major Nutrition Intervention Programmes in Tamil Nadu ?
57. Write a short note on Malnutrition due to Teenage Pregnancy.
58. Mention the two reasons for the additional requirement of Iron for adolescent girls.
59. Enumerate any two causes for Malnutrition during old age.
60. What are the four attributes of a Therapeutic diet ?
61. What are the dietary considerations in fever ?
62. List two causes for underweight.
63. Mention two minerals stored in the liver.
64. Write any two functions of Nephron.
65. Give any two factors producing Jaundice.
66. List any two types of Hypertension.

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67. Write a short note on Cholesterol.
68. Mention two functions of Food service in a Hospital dietary.
69. List the steps in the counselling process.
70. What is artificial intelligence ?

PART - C

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

6 × 5 = 30

71. How can meal planning be economised ?
72. Explain the role of Hormones in Lactation.
73. Enumerate the important points to be considered in weaning.
74. What are the points to be remembered (considered) in planning a packed lunch for school going children ?
75. Write a brief note on the requirement of vitamins for adults.
76. Explain the types of Enteral feeds.
77. What are the metabolic effects of fever ?
78. Enumerate the prophylaxis for diarrhoea.
79. What are the benefits of exercise for diabetes patient ?
80. Discuss the causes and symptoms of Acute Renal failure.

OR

Elaborate the immunological factors in breast milk.

PART - D

- VII. *Note :*
- i) Answer *all* the questions.
 - ii) *All* questions carry equal marks. 4 × 10 = 40

81. Describe the problems during pregnancy.

OR

Discuss the physical, physiological and psychological changes during adolescence.

82. Explain the nutrient related problems of the elderly people.

OR

What are the dietary modifications in the treatment of obesity ?

83. Describe the agents which cause damage to the liver.

OR

Explain the complications of diabetes mellitus.

84. Explain the prevalence and risk factors of heart disease.

OR

How will you explain a patient with glomerulonephritis about the dietary modification in his diet ?

PART - B

4 x 10 = 40

Answer all the questions
All questions carry equal marks

VII

81. Describe the various types of pregnancy

OR

82. Discuss the physical, physiological and psychological changes during adolescence.

83. Explain the various related problems of the elderly people.

OR

84. What are the dietary modifications in the treatment of obesity?

85. Describe the agents which cause damage to the liver.

OR

86. Explain the complications of diabetes mellitus.

87. Explain the prevalence and risk factors of heart disease.

OR

88. How will you explain a patient with rheumatoid arthritis about the dietary modifications in his diet?