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Part III — NUTRITION & DIETETICS

(New Syllabus)

(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. NNMB stands for
2. During the last trimester of pregnancy BMR increases by about
3. The reflex by which an infant pushes out solid food is placed in
4. The iron requirement of children (1 – 3 years) is mg per day.
5. Packed lunch should meet of the day's nutritional requirement.
6. Junk foods that provide should be avoided.
7. The calcium and phosphorus ratio in the diet should be maintained at
8. Lack of salivation is called
9. The liquid diet totally devoid of residue is called
10. Tuberculosis is an infectious disease caused by the bacillus
11. BMI of 30 – 40 is obesity.

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12. Breast milk contains viable
13. Drugs like may damage the liver.
14. Insulin dependent diabetes is also known as diabetes.
15. Elevated blood sugar level is called as
16. Kidneys produce which is essential for the formation of RBC.
17. The proportion of saturated to monounsaturated to polyunsaturated fat should be
18. High levels of cholesterol can contribute to
19. The Indian Dietetic Association was founded with as President.
20. saves professional's time and obtains patient responses that are not biased.

II. Write *True* or *false* :

10 × 1 = 10

21. For improving protein quality the ratio of cereal protein to pulse protein should be 3 : 1.
22. Gestational diabetes belongs to NIDDM type.
23. The iron requirement for girls of 10 – 12 years is lower than 7 – 9 years girls.
24. Poor environmental hygiene and sanitation also may lead to anaemia.
25. During old age energy requirement decreases due to decrease in metabolic rate.
26. Majority of the ulcers are found in the stomach.
27. Creams can be included in the diet for infectious hepatitis.
28. Lack of insulin releases glucose into blood.
29. Garlic is hypocholesterolemic.
30. Patients with poor dentition require a mechanical soft diet.

III. Choose the right answer :

10 × 1 = 10

31. A balanced diet should provide percentage of calories from carbohydrate.
- a) 75 – 80
 - b) 60 – 70
 - c) 50 – 60.
32. The calcium requirement of a lactating mother is
- a) 800 mg
 - b) 1000 mg
 - c) 1400 mg.
33. The quantity of milk recommended for pre-schoolers is
- a) 400 ml
 - b) 500 ml
 - c) 200 ml.
34. About of calcium should be retained for increasing bone mass.
- a) 180 mg
 - b) 150 mg
 - c) 160 mg.
35. Pernicious anaemia due to deficiency is common among elderly women.
- a) Vitamin B₁₂
 - b) iron
 - c) folic acid.
36. Diarrhoea is caused by
- a) Rotavirus
 - b) TMV
 - c) HIV.

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37. Hyperkalemia is

- a) increased level of potassium in blood
- b) increased level of sodium in blood
- c) increased level of calcium in blood.

38. Normal body temperature is

- a) 98.4° F b) 95.6°F c) 99.5°C.

39. The dietitian is a person who applies the science of to feeding and education of groups of people.

- a) nutrition
- b) administration
- c) food.

40. Diet counselling begins with patient's information.

- a) personal
- b) disease condition
- c) dietetics.

IV. Match the following :

10 × 1 = 10

- | | |
|---------------------------|------------------------------------|
| 41. Birth weight | a) underweight |
| 42. PEM | b) elemental diet |
| 43. Nutritional knowledge | c) typhoid |
| 44. Anorexia nervosa | d) improperly sterilised needles |
| 45. Eating left out food | e) adolescents |
| 46. Pre-digested mixtures | f) 2.5 kg |
| 47. Peyers patches | g) dehydration |
| 48. BMI less than 18.5 | h) obese women |
| 49. Diarrhoea | i) 2 – 3 years |
| 50. Hepatitis B | j) positive attitude towards food. |

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. Give the composition of breast milk.
- 52. List the six dreadful diseases and their vaccines.
- 53. List any four advantages of breast milk.
- 54. What is weaning ?
- 55. "Poverty alone is not the reason for malnutrition among pre-schoolers in India."
List the other reasons.
- 56. Who are the beneficiaries of the ICDS programme ?
- 57. What is binge eating ?
- 58. List out two factors that influence eating habits in adolescent girls.
- 59. What are the causes of malnutrition in old age ?
- 60. Define TPN.
- 61. List out the symptoms of malaria.
- 62. Give two reasons why high fibre foods should be given to obese people.
- 63. What is hepatic coma ?
- 64. How does the dietary deficiency damage the liver ?
- 65. Differentiate nephritis and nephrosis.
- 66. Why is sodium restricted in hypertension ?
- 67. List the foods low in cholesterol.
- 68. List any two main activities of IDA.
- 69. List the steps in counselling process.
- 70. What is artificial intelligence ? Explain.

[Turn over

PART - C

- VI. Note : i) Answer any six questions.
ii) Question No. 80 is compulsory. 6 × 5 = 30
71. Elaborate on the various factors to be considered in planning menu for a family.
72. Explain the nutritional needs during lactation.
73. Compare the nutritive value of breast milk and cow milk.
74. Justify that the infancy is the period of rapid growth.
75. How can good eating habits be cultivated among school going children ?
76. Plan a vegetarian menu for an adult woman doing sedentary work.
77. "Normal nutrition needs are the basis for diet therapy." Comment.
78. List the dietary guidelines in TB.
79. What are the clinical symptoms of glomerulonephritis ?
80. How will you take care of yourself from diarrhoea while you are travelling away from home ?

OR

Justify that high fibre diet is good for diabetes.

PART - D

- VII. Note : i) Answer *all* the questions.
ii) All questions carry equal marks. 4 × 10 = 40
81. What are galactagogues ? Plan a menu for a lactating woman incorporating galactagogues. Write the steps to be followed while planning menu.

OR

Write the physical, physiological and psychological changes during adolescence.

82. Discuss the importance of calcium and fibre in old age.

OR

Explain the factors that contribute to obesity and discuss the ill effects of obesity.

83. Explain the symptoms and dietary management in infectious hepatitis.

OR

Write a note on the complications of Diabetes Mellitus.

84. Explain about the dietary management in urinary calculi.

OR

What is hypertension ? What are the causes, consequences and control of hypertension ?