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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. Males require more calories than females because of high
2. The average weight gain during pregnancy is
3. Foods that help to produce more milk are called
4. The nutrient density of weaning food should be
5. The protein requirement of children in the age group of 4-6 years is per day.
6. The main culprit of acne is overactivity of glands in the skin.
7. Weight of an average Indian woman is
8. Old age is defined as years and above.
9. Each pulse exchange provides gm of protein.
10. is needed to promote healing of tuberculosis lesions.
11. People with BHI less than are considered as underweight.

[Turn over

12. Mechanically irritating foods included those with indigestible foods.
13. The formation of Gallstones is known as
14. Frequent urination is known as
15. The fluid used in haemodialysis is
16. Dietary cholesterol intake should be less than mg/day.
17. The Indian Dietetics Association was founded with as President.
18. The preterm babies are best fed with milk.
19. flu is a common term for infection of the bowels by the influenza virus.
20. The ICMR recommendation for Vitamin C per day of a lactating mother is

II. Write True or false :

10 × 1 = 10

21. 100 ml of milk provides 80 k.cal of energy.
22. Poor living condition affects the child's nutrition.
23. Adolescent period is called the "lull before the storm".
24. Vitamin A requirement of an aged person is 600 µg retinol/day.
25. Spicy and fried foods should not be included in diet for fever.
26. Peptic ulcer is more common in persons with blood group 'O'.
27. Haemolytic jaundice results from an abnormally large destruction of blood cells as in pernicious anaemia.
28. About 90% of kidney stones are caused due to cholesterol.
29. A scanty passing out of urine less than 500 ml is called Anuria.
30. Thickening of blood vessels causes Atherosclerosis.

III. Choose the right answer :

10 × 1 = 10

31. The hormone that stimulates milk production is
- a) Prolactin
 - b) Oxytocin
 - c) Estrogen.
32. B. C. G. immunization is given at the age of
- a) 6 months
 - b) 6 years
 - c) soon after birth.
33. The quantity of fruits to be included in a diet for a pre-school child is
- a) 200 gms
 - b) 50 gms
 - c) 100 gms.
34. The consequence of Blumia nervosa is
- a) Dental cavity
 - b) Night blindness
 - c) Anaemia.
35. Fat mass distributed in the upper body above the waist of men is called
- a) Android
 - b) Gynoid
 - c) Cholesterol.
36. Jaundice is caused due to the virus
- a) Salmonella
 - b) Hepatitis A
 - c) Anopheles.

[Turn over

37. Sodium restricted diet is

- a) Ajinomoto
- b) Pulses
- c) Fruits.

38. Hypotonic dialysing liquid is used to treat the patient of

- a) Hypertension
- b) Diabetes
- c) Nephritis.

39. The accumulation of abnormal amount of fluid in abdominal cavity is called

- a) Ascitis
- b) Oedema
- c) Atheroma.

40. The BHI of a person having normal weight is

- a) 20 - 25
- b) above 25
- c) above 30.

IV Match the following :

10 × 1 = 10

41. Iron

a) Short bowel syndrome

42. Milk

b) Store of glycogen

43. Elemental diet

c) Excessive smoking

44. Colostrum

d) Insulin

45. Liver

e) Koilonychia

46. Hypokalemia

f) High sodium

47. Diabetes

g) 1875 k. cal.

48. Hypertension

h) Potassium

49. Cheese

i) Interferon

50. Sedentary worker

j) Full liquid diet.

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. What is Pica ?
52. What is Lactoferrin ?
53. Write a note on Kwashiorkor.
54. Write a note on Anorexia Nervosa.
55. Write down the reasons for anaemia among Indian women.
56. What physical changes occur in old age ?
57. Give any four attributes of a therapeutic diet.
58. Write a note on Fruit exchange.
59. Explain Gynoid obesity.
60. What are the symptoms of cirrhosis of liver ?
61. What is the reason for Nephrotic syndrome ?
62. Name any four foods rich in oxalate.
63. Write down the objectives of Dietary management of a low fat diet.
64. How can you raise your HDL level ?
65. Give the classification of blood pressure.
66. What is the difference between Nephritis & Nephrosis ?
67. Write any two general duties of a dietitian.
68. Write a note on the "follow-up" of a computer.
69. Write a note on low cost weaning foods.
70. Give two examples for the qualitative modification of a therapeutic diet.

[Turn over

PART - C

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

 $6 \times 5 = 30$

71. List the factors which determine the RDA of an individual.
72. Explain the role of hormones in lactation.
73. Explain the types of liquid supplements.
74. List the general objectives of School lunch programme.
75. Write any two advantages of breast feeding.
76. What are the advantages of enteral feeding over parental feeding ?
77. List the symptoms of typhoid.
78. List the foods to be excluded from the diet of a peptic ulcer patient.
79. What are the symptoms for diabetes mellitus ?
80. List the functions of cardiovascular system.

OR

List the "Free foods" to be included in Kidney disorder diet.

PART - D

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

 $4 \times 10 = 40$

81. Write briefly on the nutrient requirements during pregnancy.

OR

What are the points to be considered while planning packed lunch ?

82. Explain the nutrient requirements of adolescents.

OR

Describe the agent which causes damage to liver.

83. Explain the dietary management for typhoid fever.

OR

Explain the two types of Dialysis.

84. Explain the causes of Hypertension.

OR

Explain Glycaemic Index and food exchange list.
