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Part III – NUTRITION & DIETETICS

(English Version)

Time Allowed : 3 Hours]

[Maximum Marks : 150

PART - A

Note : Answer all the questions.

I. Fill in the blanks :

20 × 1 = 20

1. The major objective of meal planning is to achieve
2. In pregnancy period, the sodium level in blood drops is called
3. Foods that help to produce more milk are called
4. The reflex by which an infant pushes out solid food if placed is
5. The protein requirement of children in the age group of 4-6 years is per day.
6. The requirement of increases as blood volume increases.
7. The second and final growth spurt occurs during
8. The weight of an Indian reference woman is
9. The branch of nutrition related to elderly population is
10. A diet is a transition between full liquid and normal diet.
11. is needed to promote healing of the tuberculosis.

[Turn over

12. People with BMI less than are considered as underweight.
13. Gastric ulcer is more common in persons with blood group
14. Drugs like may damage the liver.
15. The basic functional unit of the kidney is the
16. Potassium content can be reduced in vegetables by
17. carries cholesterol from the liver to the periphery of the body.
18. The Indian Dietetics Association was founded with as President.
19. is a chronic metabolic disorder.
20. The preterm babies are best with unprocessed

II. Write *True* or *false* : 10 × 1 = 10

21. 100 ml of milk provides 70 k.cal of energy.
22. Packed lunch should meet one third of the day's nutritional requirements.
23. Adults are the productive age group.
24. Typhoid fever caused by Anopheles.
25. The liquid diet without residue is called clear liquid diet.
26. To control diarrhoea give high fibre diet.
27. Pickle is one of the mild sodium restricted diet.
28. Broka's Index is the one to calculate ideal fat deposit in lower abdomen.
29. Eye to eye contact is necessary for counselling guidelines.
30. Growth in girls, in terms of height and weight is maximum prior to menarche.

III. Choose the correct answer :

10 × 1 = 10

31. To improve protein quality the ratio of cereal protein to pulse protein should be
- a) 4 : 1
 - b) 1 : 2
 - c) 1 : 4.
32. Which stimulates milk production ?
- a) Oxytocin
 - b) Estrogen
 - c) Prolactin.
33. World's breast feeding week is
- a) October 1 - 7
 - b) August 1 - 7
 - c) December 1 - 7.
34. The main cause of acne is
- a) sebaceous glands
 - b) genetic factor
 - c) overcalcium.
35. is the best way of giving food to old people.
- a) Simple frequent meals
 - b) Three time meals
 - c) As they like.
36. Bacteria produce toxin in the gut is
- a) Rota virus
 - b) *Vibrio cholerae*
 - c) *Helicobacter pylori*.

[Turn over

37. Foods that to avoid in infective Hepatitis is

- a) fruits
- b) meat
- c) milk without cream and butter.

38. Polydipsia means

- a) excessive thirst
- b) increase in appetite
- c) frequent urination.

39. Which is an infectious disease of short duration ?

- a) Typhoid
- b) Malaria
- c) Tuberculosis.

40. Which is a very important meal for school children ?

- a) Breakfast
- b) Lunch
- c) Dinner.

IV. Match the following :

10 × 1 = 10

- | | |
|----------------------------|-----------------------|
| 41. Master file | a) Dehydration |
| 42. Dental caries | b) Nurses |
| 43. Cholelithiasis | c) Growth spurt |
| 44. Legumes | d) Full fluid diet |
| 45. Pinch test | e) Triglyceride |
| 46. Milk | f) Computer |
| 47. Sedentary | g) Bile stones |
| 48. Green leafy vegetables | h) School going child |
| 49. Infants | i) Sugar in the urine |
| 50. Glycosuria | j) Rich in fibre. |

PART - B

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

51. State any two reasons that the additional energy is needed for pregnancy.
52. Give the reasons for artificial feeding related to infant.
53. Which stage is being called for 'Lull before the storm' ? Why ?
54. Write any two symptoms of Kwashiorkor.
55. What are the two psychological pressures on adolescent girls that influence their eating habits ?
56. What is known as Aging ? What are the major determinants of Aging ?
57. What are the four attributes of a therapeutic diet ?
58. What are known as android and gynoid ?
59. Write the development of fever due to exogenous agent.
60. What are the three main types of constipation ?
61. Write any four foods that are rich in oxalates.
62. What are the steps you do to raise your HDL level ?
63. What is known as hypokalemia ?
64. Write short notes on extreme sodium restriction.
65. What are the toxic agents which damage the liver ?
66. What are the objectives of the Indian Dietetic Association ?
67. Write any two uses of computer in diet counselling.
68. What are the six dreadful diseases ?
69. Explain the malnutrition due to teenage (13 - 19 years) pregnancy.
70. What is known as functional food ?

[Turn over

PART - C

- VI. Note : i) Answer any six questions. 6 × 5 = 30
ii) Question No. 80 is compulsory.

71. How can meal planning be economised ?
72. Explain any five factors to cause the risk of low birth weight babies and neonatal mortality.
73. Enumerate the important points to be considered in weaning.
74. List the general objectives of school lunch programmes.
75. State the metabolic effects of fever.
76. What are the causes of anaemia in Indian woman ?
77. What are the advantages of enteral feeding over parenteral feeding ?
78. What are the symptoms of diabetes mellitus ?
79. What are the free foods to be given to a patient of Glomerulonephritis ?
80. How will you prevent diarrhoea when you are in outside of home ?

OR

Write the Immunization Schedule.

PART - D

- VII. Note : Answer all the questions. 4 × 10 = 40

81. Explain the problems during pregnancy.

OR

Explain the eating disorders common among adolescents.

82. Give the dietary modification to suit the old people.

OR

What are the factors that contribute to obesity ?

83. What are the functions of liver ?

OR

Explain the complications of diabetics.

84. What are the two types of dialysis ? Explain it with neat diagram.

OR

Explain the role of fat in the development of atherosclerosis with the help of diagram.
