



Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD (now MoE)

Re-accredited with an 'A++' Grade by NAAC CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment - Test II – October, 2025

IV Semester

Class : III UG

Major : Food Service Management and Dietetics

Time: 2 hours

Max. Marks: 60

23BFDDE5 Fundamentals of Diabetes Counselling

Course Outcomes:

1. Understand the etiology, screening and prevention of diabetes mellitus.
2. Gain knowledge on the importance and principles of dietetics in the management of diabetes.
3. Aware on the role of dietitian in diabetes management.
4. Render diet counselling for different types of diabetes mellitus.
5. Give lifestyle counselling and suggest suitable physical activity for diabetics.

Part A

6X1=6

Choose the correct answer

1. The recommended calorie intake for an obese sedentary diabetic is
a. 10(Kcal/Kg) b. 20(Kcal/Kg) c. 30(Kcal/Kg) d. 40 (Kcal/Kg) CO3 K2
2. The suggested daily dietary cholesterol intake for a diabetic patient
a. less than 100mg/d b. Less than 300mg/d c. More than 150mg/day d. 300-350mg/d CO2 K3.
3. Identify the low glycaemic snack
a. Sprouted sundal b. Vadai c. Bread sand which d. Vegetable salad CO2 K4
4. The protein requirement for a gestational diabetic women is
a. 0.8-1g/kg b. 1-1.5g/kg c. 1.5-2.5g/kg d. 2.5-3g/kg CO1K2
5. Pick out the odd exercise
a. Walking b. Jogging c. Swimming d. Sprinting CO4 K3
6. Which of the given yoga pose helps in regulating blood glucose level
a. Tadasana b. Mandukasana c. Chakrasana d. Bhujangasana CO5 K4.

Part B

3 x 6 = 18

Answer ALL questions

Each answer should not exceed 200 words or one page

- 7.a Explain the role of fiber in the management of diabetes CO1K2.
Or
- 7.b. What is Glycemic Index? Brief on the calculation of Glycemic Index CO1K4
- 8.a. What are food exchange list ? highlight its importance in planning diabetic diets CO2K3
or
- 8.b. Recollect the dietary guidelines for gestational diabetes mellitus CO3K2.
- 9.a. List the benefits of physical exercise in regulating blood glucose level CO4K3.
or
- 9.b. Brief on Trikonasana CO3K3

Part C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 600 words or three pages

- 10.a. Explain in detail dietary management of Type II diabetes. CO2K2
or
- 10.b. Enumerate in detail the dietary principle and recommendation for Type I diabetes mellitus. CO4K4
- 11.a Appraise on screening ,symptom and dietary management for diabetes CO3K4
or
- 11.b. Plan a diet for a 36 year old women in her II trimesters of pregnancy with gestational diabetes and justify your planned diet CO4K5
- 12.a. Classify stress and appraise on the interplay between stress and diabetes. CO5K3
or
- 12.b Describe in detail steps for performing five yoga asana for treating diabetes. CO5K4