



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 I – August , 2025 V 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. Identify the insulin dependent diabetes CO3 K2.
a. Type I b. Type II c. Gestational Diabetes d. Maturity Onset Diabetes
2. The renal threshold level for blood glucose ranges from CO2 K3.
a. 160-180mg/dl b. 180-190mg/dl c. 190-200mg/dl d. 200-240mg/dl
3. The total duration of action of a short acting insulin ranges from CO2 K4
a. 2-4hrs b. 4-6 hrs c. 8-10 hrs d. 10-12 hrs.
4. The abbreviation ISF refers to CO1K2.
a. Insulin selective factors b. Insulin sensitive form c. Insulin Sensitive Formula d. Insulin Sensitive factor
5. Which of the attribute helps to establish therapeutic bond between dietician and patient CO4 K3
a. confrontation b. self -disclosure c. communication d. attentiveness
6. Rams fasting blood glucose is 115mg/dl what is your diagnosis , Ram is/has CO5 K4.
a. Normal b. Pre- Diabetic c. Diabetic d. Impaired Glucose Tolerance

Part B

3 x 6 = 18

Answer ALL questions

Each answer should not exceed 200 words or one page

- 7.a Illustrate the role of insulin in health and disease CO1K2.
Or
- 7.b. Differentiate between Type I and type II diabetes CO1K4
- 8.a. Write a note on causes of Type I diabetes. CO2K3
or
- 8.b. Recollect the functions of insulin CO3K2
- 9.a. Write on Counseling ethics. CO4K3
or
- 9.b. Define pre-diabetes and give its causes CO3K3

Part C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 600 words or three pages

- 10.a. Explain in the causes and onset of Type II diabetes. CO2K2
or
- 10.b. Enumerate in detail the consequences and clinical features of changes in metabolism of diabetes.
- 11.a Appraise on the steps in calculating insulin dosage. CO4K2,
CO3K4
or
- 11.b. Discuss in detail the different types of Insulin and their actions. CO3K3
- 12.a. Give an account on stages of diabetic counselling. CO5K2
or
- 12.b Describe in detail the counselling skills. CO4K4
