



## Avinashilingam Institute for Home Science and Higher Education for Women

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

Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination –July 2020

IV Semester

Class: II UG

Major: Food Service Management and Dietetics

Time : 3Hours

Max. Marks: 100

### 18BFDC12 - Diet Therapy

10 x 1=10

#### Part A

#### Choose the Correct Answer

- Which of the following nutrient is NOT given in TPN?
  - Amino Acids
  - Fibre
  - Fats
  - Vitamin
- Consumption of \_\_\_\_\_ rich food may counteract the effects of the anticoagulants.
  - Vitamin E
  - Vitamin C
  - Vitamin K
  - Vitamin A
- Malaria is \_\_\_\_\_ type of fever.
  - acute
  - medium
  - Chronic
  - Intermittent
- \_\_\_\_\_ obesity is associated with high insulin levels which also increases the activity of lipoprotein lipase.
  - Juvenile obesity
  - Trunkal obesity
  - Adult onset obesity
  - Gynacoid obesity
- \_\_\_\_\_ is characterized by lack of tonicity of the musculature.
  - Atonic constipation
  - spastic constipation
  - dysentery diarrhoea
  - chronic diarrhea
- The symptoms like extreme thirst, frequent urination, dry skin, hunger, blurred vision, drowsiness, nausea leads to
  - Hyperglycaemia
  - Glucosuria
  - Hypoglycaemia
  - Ketonuria
- The normal serum triglycerides level is
  - 200-350mg/dl
  - 50-150,g/dl
  - 40-100 mg/dl
  - 250-400mg/dl
- World kidney day falls on
  - 18<sup>th</sup> February
  - 10<sup>th</sup> April
  - 15<sup>th</sup> March
  - 9<sup>th</sup> May
- Intake of saturated fat tends to be positively related to risk of
  - Non-Hodgkin's Lymphoma
  - Fibrosarcoma
  - Osteocarcoma
  - Leukaemia
- Gout is caused by the buildup of \_\_\_\_\_ substance in the body
  - White blood cells
  - Uric acid
  - Synovial fluid
  - Blood plasma

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

11. a. Distinguish between enteral and parenteral nutrition.  
(Or)
11. b. Write a short note on routine hospital diets.
12. a. Discuss the causes and metabolic changes in fever.  
(Or)
12. b. Explain the etiology of obesity.
13. a. Illustrate the vicious cycle of malnutrition and diarrhea.  
(Or)
13. b. Write a note on hepatic encephalopathy.
14. a. Explain why sodium is restricted in hypertension.  
(Or)
14. b. Enumerate on the dietary treatment for nephrosis.
15. a. Determine any 3 laboratory testing used during the diagnosis of food allergy.  
(Or)
15. b. Discuss the dietary management in cancer therapy.

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

16. a. Bring out the nutritional importance of pre-operative and post-operative conditions  
(Or)
16. b. Enumerate on assessment of patient needs for diet therapy.
17. a. Describe the stages of atherosclerosis and dietary management.  
(Or)
17. b. Explain the dietary modification for a 26 year old diabetic pregnant women.
18. a. Write on the complications in uncontrolled diabetes mellitus.  
(Or)
18. b. Explain the agents responsible for liver damage and discuss the damage caused to the liver.
19. a. Illustrate the role of functional foods in prevention of cancers.  
(Or)
19. b. Discuss on the types of dialysis and describe the dietary consideration required.
20. a. Discuss the causes and symptoms of gout. Explain the dietary management for a 55 year old sedentary male with gout.  
(Or)
20. b. Describe the types of cancer and its biomarkers.

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## 18BFDC12 - Diet Therapy

### ANSWER KEY

1. B
2. C
3. D
4. B
5. C
6. A
7. B
8. B
9. A
10. C

#### Part- B

11. a) Feeding, food, nutrients, normal health, technical skill, food intake, complications, expensive  
b) Clear fluid, full fluid diet, soft diet, and regular normal diet
12. a) Causes: Endogenous factors, exogenous factors; Metabolic changes: metabolic rate, glycogen stores, catabolism of protein, body waste, excretion of sodium and potassium.  
b) Etiology: Genetic factors, age and sex, eating habits, physical activity, stress, endocrine factor, trauma, prosperity and civilization
- 13.a) Diagram and explanation for vicious cycle of malnutrition and diarrhoea  
b) Definition, precipitating factors, symptoms, treatment
14. a) increased intake of sodium, intracellular volume, cardiac output, intracellular calcium, diastolic pressure, diuretic pressure  
b) Calorie, protein, fat, vitamin D, sodium, potassium
- 15.a) Skin test, Radio allergosorbent test, X-rays, basophil histamine release assays.  
b) Problems related to surgical treatment, radiotherapy, chemotherapy

#### Part-C

- 16.a) Factors included in subjective Global assessment, Nutritional assessment of a patient, dietary management, Preoperative diet, postoperative diet  
b) Enteral nutrition, oral supplements, tube feeding, Types of food natural liquid foods, blenderised feeding, elemental diet, feeding requirement
- 17.a) Acute HIV infection, asymptomatic HIV, symptomatic HIV, AIDS. Micronutrient deficiencies, macronutrient deficiencies, Nutritional requirements

b) Definition, limitation for underweight, aetiology, Nutritional and food requirements, dietary guidelines, exercise and bowels

18.a) Acute complications- Hypoglycaemia or insulin shock, Ketoacidosis, Long term constipation-infection, cataract and retinopathy, heart disease, nephropathy

b) dietary deficiencies, infective agents, toxic agents-Alcohol, drugs and chemicals, inborn errors of metabolism, fatty globulation, necrosis, cirrhosis of liver, jaundice.

19.a) Vitamin E, carotenoids and beta carotene, vitamin C, selenium, soya protein, beans, fruits and vegetables, garlic, nuts, yogurt and milk, tea , high fibre.

b) dialysis types haemo dialysis, peritoneal dialysis, dietary management and characteristics, drawbacks, prevention.

20. a) causes, symptoms of gout. dietary management for a 55 year old sedentary male with gout

b) types of cancers- 6 marks biomarkers 6 marks

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