



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 I- August 2025

V Semester

Class: III B.Sc.

Branch : Food Science and Nutrition

Time: 2 Hours

Max. Marks: 60

23BFNC09 Nutrition in Diseases

Course Outcomes:

1. Understand the principles of diet therapy and role of dietitians and gain knowledge on the etiological factors, complications and dietary modifications in Fever, obesity and underweight
2. Enumerate on the etiology, complications and dietary modifications of various cardiovascular diseases and causes, types, biochemical changes, glycemic index, complications and dietary management of diabetes mellitus.
3. Understand the functions, clinical symptoms and damages caused in various liver diseases and gastrointestinal diseases.
4. Enumerate on functions of kidney and the damages, clinical symptoms and dietary modifications of various kidney diseases
5. Gain knowledge on causes, nutritional care, treatment of cancer and HIV.

Part A

6 x 1 = 6

Choose the Correct Answer

1. Expand HIV. CO1K2
 - a. Human Immunodeficient Virus
 - b. Human Immunodeficiency Virus
 - c. Human Immunity Viral
 - d. Human Immune deficiency Virus
2. BCG vaccine is effective in treating CO1 K3
 - a. Typhoid
 - b. influenza
 - c. malaria
 - d. tuberculosis
3. Juvenile onset obesity is due to ----- of fat cells. CO1 K3
 - a. Increase in size
 - b. increase in number
 - c. increase in both size and number
 - d. increase in storage
4. The desirable total cholesterol level is CO2 K2
 - a. <140 mg/dl
 - b. <150 mg/dl
 - c. <160 mg/dl
 - d. <170 mg/dl
5. Group of measured foods with equivalent nutrients is referred to as CO2 K2
 - a. Food list
 - b. GI foods
 - c. DASH diet
 - d. Food exchange list
6. Liver damage due to increase in bilirubin secretion is CO3 K2
 - a. Jaundice
 - b. Cirrhosis
 - c. Necrosis
 - d. hepatic coma

Part B

3 x 6 = 18

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 7.a List the etiological factors leading to obesity. CO1 K3

(or)
- 7.b. Discuss tuberculosis – clinical features and principle of diet. CO1 K3
- 8.a How is the diet of an underweight modified? Explain. CO1 K2

(or)
- 8.b Explain the role of functional foods in maintaining cardiovascular health. CO2 K2
- 9.a. Enumerate the symptoms that occur due to diabetes mellitus. How is DM diagnosed? CO2 K1

(or)
- 9.b How is liver damaged? Explain. CO3 K3

Part C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 10.a. Write in detail on routine hospital diets. CO1 K3
(or)
- 10.b. Explain the role nutrients in managing SARS. CO1 K2
- 11.a. Brief on the nutritional requirements and dietary guideline to be followed in obesity. CO1 K2
(or)
- 11.b. Discuss the risk factors leading to cardiovascular diseases. CO2 K2
- 12.a. Detail on the role of diet in managing diabetes mellitus. CO2 K1
(or)
- 12.b. Describe liver cirrhosis – cause, symptoms and principle of diet. CO3 K1