



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 A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Master's Degree Examination – May 2025

II Semester

Class : I P.G.

Major : Human Development/Food Service Management and Dietetics

Time: 3 Hours

Max.Marks.100

23MFNI01 Nutritional Management for Lifestyle Diseases

Course Outcomes:

CO1: Understand the basics of foods, nutrients

CO2: Understand about the principles therapeutic Nutrition

CO3: Study about the nutritional management for diabetes mellitus

CO4: Understand the nutritional therapy for Atherosclerosis and

CO5: Study on dietary modifications for CVD

Part A

10 x 1 = 10

Choose the Correct Answer

1. The characteristic of a therapeutic diet is CO1K2
a. common to all patients b. planned according to the patient's medical condition
c. It excludes all carbohydrates d. prescribed in hospitals
2. The nutrient which provides to the body with the most energy per gram is CO1K2
a. Carbohydrates b. Proteins c. Fats d. Vitamins
3. Which type of diabetes is more commonly associated with obesity? CO2K2
a. Type 1 Diabetes b. Type 2 Diabetes c. Gestational Diabetes d. Juvenile Diabetes
4. Which is a acute complication of diabetes? CO2K2
a. Ketoacidosis b. Osteoporosis c. Hypertension d. Anaemia
5. The condition which result from severe atherosclerosis is CO3K2
a. Anemia b. Stroke c. Asthma d. Osteoporosis
6. _____ is a common symptom of severe hypertension? CO1K2
a. Dizziness and headaches b. Frequent hunger c. Low blood sugar d. Joint pain
7. Cancer-induced hyper coagulability increases the risk of CO4K2
a. thrombosis b. Low blood pressure c. Hypoglycemia d. Increased heart rate
8. The type of fat which considered for increasing the risk of obesity-related diseases is CO4K2
a. Subcutaneous fat b. Visceral fat c. Brown fat d. Essential fat
9. Which neurotransmitter is significantly reduced in Alzheimer's disease? CO5K2
a. Dopamine b. Acetylcholine c. Serotonin d. GABA
10. Nutrients is known to reduce the inflammation in arthritis is CO5K2
a. Omega-3 fatty acids b. Trans fats c. Refined carbohydrates d. Processed sugars

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11a. Explain the basics relationship of food and nutrients. CO2K3
(or)
- 11b. Discuss the purpose of therapeutic diets. CO2K3
- 12a. Summarize the adolescents and diabetes. CO3K3
(or)
- 12b. Describe the etiology for diabetes mellitus. CO2K3
- 13a. Analyze the role of fat in development of atherosclerosis. CO3K3
(or)
- 13b. Classify the types of hypertension with its clinical features. CO3K3
- 14a. Explain the etiology for obesity. CO4K3
(or)
- 14b. Review the general systemic reactions for cancer. CO4K3
15. a. Infer the causes and signs and symptoms for Parkinson diseases. CO5K3
(or)
- 15b. Explain the diet therapy for Alzheimer's disease. CO5K3

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16a. Explain the factors to be considered in the modification of normal diets into therapeutic diets. CO3K3
(or)
- 16b. Enumerate the principles of therapeutic diets. CO3K2
- 17a. Explain the complications of diabetes mellitus. CO3K3
(or)
- 17b. Interpret the diagnosis modes of treatment for diabetes mellitus. CO3K3
- 18a. Describe the risk factors dietary management for cardiovascular diseases. CO3K4
(or)
- 18b. Infer the symptoms nutritional management for hypertension. CO4K3
- 19a. Summarize the role of functional foods in management of obesity. CO4K3
(or)
- 19b. Explain the nutritional problems of cancer. CO3K2
- 20a. Explain the causes and nutritional management for osteoporosis. CO5K3
(or)
- 20b. Elucidate the signs and symptoms and nutritional management for rheumatoid arthritis. CO5K3
