



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 Science and Nutrition

Time : 3 Hours
Max. Marks: 100

18BFNC11 Nutrition in Diseases – I

Part A

10 x 1 = 10

Choose the Correct Answer

- The effect of diet on health is measured by assessment of
 - nutrients
 - disease
 - nutritional status
 - disorders
- _____ is a full fluid diet.
 - Barley water
 - Whey water
 - Strained Fruit juices
 - Porridge Kanji
- Recommended protein intake in underweight is
 - 1g/kg/day
 - 2g/kg/day
 - 1.2g/kg/day
 - 2.1g/kg/day
- The people who have Body Mass Index between 30-39.9 is considered as
 - over weight
 - Grade I obesity
 - Grade II obesity
 - Grade III obesity
- All are symptoms of NIDDM **except**
 - Anaemia
 - Polyuria
 - Polyphagia
 - Polydypsia
- A condition in which there is blood glucose concentration of less than 70mg/dl is
 - hyperglycemia
 - hypoglycemia
 - ketoacodosis
 - Gestational diabetes
- An increased _____ levels are associated with elevated Coronary Heart Disease.
 - Glucose
 - Triglycerides
 - Chylomicrons
 - HDL
- Low fat, low sodium diet with normal protein intake is prescribed for _____
 - Diabetes mellitus
 - hypertension
 - Congestive heart failure
 - Obesity
- In severe anaemia, the haemoglobin level lowers to _____ g/dl in female.
 - <7
 - <8
 - <9
 - <10
- Muddy and dry triangular patches raised in eye is
 - Bitot spot
 - Xerosis
 - Keratomalacia
 - Conjunctiva

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

11. a. Discuss the qualities of dietician.
(or)
11. b. Explain the principles of therapeutic diet.
12. a. Describe the assessment of obesity.
(or)
12. b. Discuss the causes of underweight.
13. a. Write a note on glucose tolerance test.
(or)
13. b. Explain how types of insulin affect modification of diet.
14. a. Write a note on atherosclerosis.
(or)
14. b. Explain why sodium is restricted in hypertension.
15. a. Describe the causes and symptoms of zinc deficiency.
(or)
15. b. Discuss the aetiology of PEM.

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

16. a. Classify therapeutic diets and explain with suitable examples.
(or)
16. b. Give the objectives and role of Indian Dietetic Association.
17. a. Describe the causes and complications of obesity.
(or)
17. b. Write in detail on nutritional modifications for underweight.
18. a. Write in detail on types and symptoms of Diabetes mellitus.
(or)
18. b. Describe the acute and chronic complications of Diabetes mellitus.
19. a. Elaborate the aetiology, complications and dietary modifications of Congestive heart failure.
(or)
19. b. Discuss the types, causes and dietary modifications of hypertension.
20. a. Explain the causes, symptoms and prevention of iron deficiency anemia.
(or)
20. b. Describe the causes, symptoms and prevention of Vitamin A deficiency.
