

HIRALAL MAZUMDAR MEMORIAL COLLEGE FOR WOMEN

DEPARTMENT OF FOOD AND NUTRITION

B.SC general 4TH SEMISTER

MODEL QUESTION PAPER

4THSEM GENERAL

1. CONCEPT OF DIET THERAPY:-

Define diet therapy. 2

2. 2. .What are the objectives of diet therapy?2
3. 3. What is dietetics? 2
4. 4. What is RDA? 2
5. 5. What are the principles of meal planning?2
6. 6. .What are the objectives of dietetics? 3
7. 7. What is therapeutic diet? 3
8. 8. How therapeutic diet can be classified? 5
9. 9. Discuss the responsibility of a dietitian. 5
10. 10. Discuss the dietary guidelines of pregnant woman. 10
11. 11. Discuss the dietary guideline of lactating mother. 10
12. 12. What is weaning? What is supplementary feeding?10
13. 13. Discuss the dietary guideline of preschool children 10
14. 14. Discuss the dietary guideline of elderly. 10

2. RDA MEAL PLANNING AND DIETARY GUIDELINES

Short Questions: (1 Mark)

1. What is Colostrum?
2. Why human milk is the sweetest milk?
3. Write the full form of EPA & DHA.
4. Define Weaning.
5. What is supplementary food?

Short Notes: (5 Marks)

1. Breast feeding.
2. Colostrum.

3. Artificial feeding.
4. Feeding problems related to bottle feeding.
5. Weaning food.
6. Problems in weaning.
7. Metabolic changes during old age.

Long Questions: (10 Marks)

1. Nutritional requirements for Infant /Adult male /Adult female / Old age people.

3. HOSPITAL DIET

Short questions 1 MARKS

1. Give examples of clear fluid soft and full fluid diet.
2. Distinguish between clear fluid and full fluid diet.
3. What is bland diet?
4. When soft diet is given to the patient?

Short notes marks 5

Routine hospital diet, clear fluid , full fluid , soft diet, bland diet. Regular diet, principles of making therapeutic diet, objectives of diet planning,

Long questions mark 10

Classify the hospital diet in a chart.

4. DIETARY MANAGEMENT OF DIFFERENT DISEASES

Short notes

Diarrhea, constipation, gastritis, PUD, flatulence, fever short term, DM, CVD, HTN, ATHEROSCLEROSIS, HYPERLIPIDAEMIA, LIVER DISEASES LIKE INFECTIVE HEPATITIS, CIRRHOSIS OF LIVER, GOUT, OBESITY, UNDER WEIGHT

Short Questions.-

1. Name some agent causes diarrhoea.
2. What is the full form of ORS?
3. Write the formula of who ORS.
4. Deficiency of which mineral causes constipation?
5. What is atonic and spastic constipation?
6. Which bacteria is responsible for causing pud?
7. Which blood group is prone to pud?

8. Why protein and fibre rich diet is excluded from the diet of flatulence?
9. Give examples of short term, long term, and intermittent fever.
10. Why oedema is common in cirrhosis of liver?
11. Define obesity and overweight.
12. What is quettet index?
13. What is ponderal index?
14. Define android and gynacoid obesity.
15. What is leptin?
16. Define reducing and maintenance diet.
17. Define underweight.
18. Mention any one cause of underweight.
19. Mention any one symptoms of underweight.
20. Mention two feeding problems associated with underweight.
21. How much calories can be given to a person who is underweight.
22. Mention a high calorie food that is suitable for underweight person.
23. What is gout and hyperuricaemia?
24. What is the normal uric acid level in adult male and female?
25. Does purine present in our body? If yes where do they found?
26. What is the name of the uric acid crystal that is precipitated in joints of our body?
27. Suppose a person donot intake any dietary sources of purine but her uric acid level is high---- what is the cause behind that?
28. Which drug is used to inactive enzymes causes heavy endogenous uric acid breakdown?
29. Write endogenous and exogenous sources of uric acid.
30. Give examples of some purine rich food.

Long questions :-

Definition, Assessment, causes, symptoms, dietary management of all diseases

FNTGCOR04T: Dietetics (Theory)

2. RDA, Meal Planning & Dietary guidelines

5. FOOD ALLERGY

Short question marks 1

1. What is food allergy?
2. What is food hypersensitivity?
3. What is allergen?

4. What are the differences between food hypersensitivity and food allergy?

Long Questions :- 5 to 10 marks

Write short notes on lactose intolerance, food intolerance, elimination diet, immediate response, delayed response, symptoms of food allergy, diagnosis, provocative test, laboratory test, treatment .

