

Second Semester Examination-2018**M.Sc. NUTRITION & DIETETICS**

Paper Code: NUD-202

Full Marks: 40

Time: 2 Hours

Write the answer for each unit in separate sheet**Unit-15****(Diet Therapy-I)****Answer question no.1 & any three from the rest****1. Answer any five questions from the following: 1×5=5**

- a) Which is the date of global iodine deficiency disorder prevention day?
i) 19th October ii) 23rd October iii) 21st October iv) 22nd October.
- b) To prepare the iodised oil, iodine is mixed with
i) Sesame seed oil ii) cotton seed oil
iii) poppy seed oil iv) soyabean oil
- c) The RDA of iron is 19 mg/day for male and 21 mg/day for female, but actual iron required for human body per day is –
i) 3 mg/day ii) 2 mg/day
iii) 1 mg/day iv) 500 µg/day.
- d) What is the conversion ratio of β.carotene into Vitamin – A (β.carotene: vitamin – A)
i) 6:1 ii) 7:1 iii) 8:1 iv) 9:1
- e) Which hormone helps in absorption of calcium?
i) Cortisol ii) Thyroxine iii) Calcitriol iv) PTH
- f) Which of the following is the form of active vitamin – D?
i) 25 (OH)₂ D₃ ii) 2, 25 (OH)₂ D₃
iii) 1, 25 (OH)₂ D₃ iv) 24 (OH)₂ D₃
- g) Tuberculosis is due to infection of –
i) Virus ii) Bacteria iii) Protozoa iv) Helminth.

(Turn Over)

2. a. Write a short note on Atkin's diet and Sippy's diet?
- b. How do you calculate the energy requirement by BMI? $2+2+1=5$
3. a. Compare clear fluid diet, full fluid diet and soft mentioning definition and facts only.
- b. What is the importance of lipid in diet?
- c. Why 'Cholesterol is harmful but essential'? $2+1\frac{1}{2}+1\frac{1}{2}=5$
4. a. How B-Vitamins regulate the carbohydrate metabolism?
- b. How do you select a nutritional support for a patient? $2+3=5$
5. a. Write the enteral and parenteral nutrition formulation?
- b. How a malnourished child treated in hospital and home? $1\frac{1}{2}+1\frac{1}{2}+2=5$
6. a. Write a procedure of nutritional status assessment and screening for a patient in hospital?
- b. What is the role of food on skin and hair health? $3+2=5$
7. a. 'Extra energy and extra protein is essential for a fever patient' - how and why?
- b. 'Why omega-3 fatty acid is good and omega – 6 fatty acid is bad' - justify – why?
- c. 'Psychology affects food intake' – How? $2+2+1=5$

Unit- 16

(Diet Therapy-II)

Answer question no.1 & any three from the rest

1. Answer any five questions from the following: $1\times 5=5$
- a) Etiology of stroke is
- i) Blockage and rupturations of blood vessels ii) Death of brain cells

- iii) Inadequate in neurotransmitter release iv) Headache.
- b) Toxicity of _____ leads to liver cirrhosis
- i) Iron ii) Mercury
- iii) Copper iv) Lead
- c) Which of the following therapies is proven to reduce mortality and morbidity in bleeding peptic ulcers?
- i) Endoscopic procedures ii) H2 Antagonists
- iii) Proton pump inhibitors iv) Antacids
- d) Which is the most common cause of Peptic ulcer
- i) Smoking ii) NSAIDs
- iii) Excess ethanol consumption iv) Zollinger- Ellison syndrome
- e) Which is not a risk factor for gall stones?
- i) Cystic fibrosis ii) Congestive cardiac failure
- iii) Familial tendency iv) Diabetes
- f) In initial stage of perkinson's disease the most typical involuntary movement is the following
- i) Cholera ii) Tremor
- iii) Atetosis iv) Dystonia
- g) Which is not true of pancreatitis
- i) Alcohol is the most common cause
- ii) Pain is usually severe and relieved by sitting forward
- iii) CT will be abnormal in the vast majority including mild disease
- iv) Amylase is less sensitive in alcoholic pancreatitis than gall-stone.

2. a) Write the causative factors of constipation **2+3=5**
 b) What are the fundamental principle of the dietary management of constipation?
3. a) Distinguish between cholelithiasis and cholecystitis **2½+2½= 5**
 b) Write the dietary management for hepatitis
4. a) What is stroke? **1+2+2= 5**
 b) Write the causes of stroke
 c) Discuss the nutritional management of stroke

5. Write short notes on any two of the following 2½+2½= 5
- a) Tropical sprue b) Epilepsy
 c) Management of tuberculosis d) Post antibiotic diarrhoea
6. a) Define peptic ulcer and gastric ulcer 1+3+1=5
 b) What are the natural defensive process by which our GI tract is protected from ulceration?
 c) Write the composition of ORS.
7. a) What is F 75 and F 100 solution? 2+2+1=5
 b) Write the types of diarrhoea depending upon causative factors
 c) What is antibiotic?

Unit – 18

1. Answer any five of the following – 1×5=5

- a) In case of morbid obesity, BMI is
 i) ≥ 35 ii) > 35
 iii) ≥ 40 iv) >40
- b) According to IAP & ICMR classification, normal weight for age is
 i) $>80\%$ ii) $>90\%$
 iii) $>100\%$ iv) $>110\%$
- c) Infant meter is used for measuring
 i) Weight ii) Height
 iii) Length iv) Skinfold thickness
- d) In case of men, android obesity is indicated when
 i) >9 ii) >9.5 iii) >1 iv) None of these
- e) Her Pender caliper is used to measure
 i) Waist circumference ii) MUAC
 iii) Head circumference iv) Skin fold thickness.
- f) Normal weight for height is
 i) 90%-100% ii) 90%-110%
 iii) 100%-120% iv) 90%-120%
- g) A vertical skinfold just below the lower border of the scapular is the skin fold site of
 i) Suprailliac ii) Supra scapular
 iii) Subscapular iv) None of these.
- h) In case of male cut-off value of PBF is
 i) $\leq 20\%$ ii) $\leq 25\%$
 iii) $\leq 30\%$ iv) $\leq 35\%$

2. a) What do you mean by anthropometry? 1+(2+2)=5

- b) Write the advantages and disadvantages of anthropometric measurement for assessing nutritional status.
3. a) What is weight for age? 2+2+1=5
 b) Classify weight for age according to Gomez.
 c) Write the cut-off value of weight for height to indicate PEM
4. a) Describe the process of measuring skin fold thickness. 2+1+2=5
 b) Write the landmark of biceps to measure skinfold thickness.
 c) Mention the limitations of BMI for assessing nutritional status.
5. a) Write the formula for determining body density using three skinfold site. 2+1+2=5
 b) What is Siri's equation?
 c) Write the importance of head circumference to assess nutritional status of a child.
6. a) How can you determine the body density, percentage of Body fat and LBW of a female, having age 26 yrs., body Wt. 60 kg, Iliac skinfold 21 mm and arm skinfold is 17 mm.
 Formal body density = $1.0764 - (0.0008 \times \text{iliac skinfold}) - (0.00088 \times \text{arm skinfold})$
- Percentage of body fat = $\left(\frac{4.570}{1.0444} - 4.142 \right) \times 100$ **4+1=5**
- b) Write the names of obesity type of male and female.
7. a) Mention the steps involved in determining BMR by using anthropometric parameters **3+2=5**
 b) What do you mean by lean body mass?
