

2025

5th Semester Examination (CCFUP : NEP)

NUTRITION

Paper : MJ 8-T (Single Core Major)

(Fundamentals of Diet Therapy)



Full Marks : 40

Time : Two Hours

The figures in the margin indicate full marks.

*Candidates are required to give their answers
in their own words as far as practicable.*

Group - A

Answer any *five* questions : $2 \times 5 = 10$

1. State the reasons for not recommending clear liquid diets for long-term.
2. Why should therapeutic diets be individualized rather than standardized for all patients?
3. What is meant by monastic diet?
4. Define texture-modified diets.
5. Give two examples of anti-inflammatory foods.
6. Mention examples of diets modified due to genetic predisposition.

P.T.O.

(2)

7. What is the role of gut microbiota in therapeutic nutrition?

8. Why is the DASH diet recommended?

Group - B

Answer any *four* questions : 5×4=20

9. How do you modify the diet for a patient with chewing and swallowing difficulty? Write the role of bland diet in peptic ulcer disease? 3+2

10. Why are texture and consistency-modified diets important in clinical nutrition? How does pre-operative diet help surgical outcomes? 2+3

11. Define TPN. What is the relationship between fiber-rich diets and inflammation control? 2+3

12. Discuss various disease-specific diets, highlighting key modifications and indications for care planning.

13. Differentiate between probiotics and prebiotics. What is mediterranean diet? 3+2

14. Discuss the role of folate, calcium and iron in preventing malnutrition with an emphasis on plant and animal based food sources.



(3)

Group - C

Answer any *one* question : 10×1=10

15. Discuss the therapeutic food plan for a patient with chronic inflammation and micronutrient deficiency, highlighting food selection, planning, progression, and monitoring. What is ornish diet? 8+2

16. Write the role of natural fluids such as herbal teas, infused water, and coconut water in patient care. Why is individualised assessment important while planning micronutrient supplementation? 5+5

