

Name:	 UPES <small>UNIVERSITY WITH A PURPOSE</small>
Enrolment No:	

UNIVERSITY OF PETROLEUM AND ENERGY STUDIES

End Semester Examination, December 2021

Course: Dietary Management in Advanced Diseases

Semester: III

Program: M.Sc. (N&D)

Time: 03 hrs.

Course Code: HSND8003P

Max. Marks: 100

Instructions: Read question carefully.

SECTION A

S. No.	MCQ's /Fill in the blanks/ T&F (1.5 marks each)	30 Marks	CO
1	Anemia is a common condition. What happens when a person has anemia? A. The body produces too much iron B. The blood does not have enough red blood cells C. The blood becomes thick D. Too many white blood cells are produced	1.5	CO1
2	What is the definition of overweight? A. BMI > 25 kg/m ² B. BMI = 25 kg/m ² C. BMI 25-29.9 kg/m ² D. BMI 25-30 kg/m ²	1.5	CO1
3	How is the most common cause of anemia? A. Too little vitamin D B. Too little iron in blood C. Too much sugar D. Too little vitamin C	1.5	CO1
4	What is leptin resistance? A. Deficiency of leptin caused by a mutation in the leptin gene B. Lack of leptin release from the adipose tissue C. High concentrations of leptin without reduction in energy intake D. Low concentrations of leptin with increased energy intake	1.5	CO1
5	What does the liver do to help digestion? A. Makes important enzymes B. Neutralizes stomach acid C. Produces bile D. Regulates insulin	1.5	CO1
6	Which of these can cause heartburn? A. Being overweight B. Lying down soon after eating a large meal C. Eating high-fat foods D. All of the above	1.5	CO1
7	A lack of which of these will result in abnormally large red blood cells and a condition called megaloblastic anemia? A. Oxygen B. Vitamin C C. Vitamin B-12 and folic acid D. Carbon dioxide	1.5	CO1

8	Flatulence is often accompanied by constipation A. True B. False	1.5	CO1
9	Which of these best maintains intestinal health? A. Refined starches B. Fat-soluble vitamins C. Soluble fiber D. Fat	1.5	CO1
10	Daily salt consumption should not exceed – A. 5 g/day B. 2 g/day C. 3 g/day	1.5	CO3
11	Where does most of the digestive process take place? A. Small intestine B. Large intestine C. Stomach D. All of the above	1.5	CO3
12	Should you weigh yourself often? A. Yes, it really helps. B. No, it's too upsetting. C. It doesn't matter.	1.5	CO4
13	Among the following traits, which plays the greatest roll in the potential for obesity? A. Gender B. Heredity C. Lifestyle D. Age	1.5	CO1
14	Which of these best maintains intestinal health? A. Starches B. Vitamins C. Fiber D. Fat	1.5	CO4
15	Optimal body fat for health and fitness for men is: A. 10-20%. B. 20-30%. C. 30-40% D. 5-10%.	1.5	CO3

16	A healthy weight loss program should emphasize all of the following EXCEPT: A. A reduced-calorie diet that is high in complex carbohydrates and low in fat. B. Behaviour modification aimed at changing bad eating habits. C. A high-protein, low-carbohydrate diet. D. An exercise program.	1.5	CO3
17	Which of these factors increases the risk for cancer of the oesophagus? A. Processed meat B. Fruit and vegetables C. Salt D. Alcohol	1.5	CO2
18	Which of these can cause heartburn? A. Being overweight B. Lying down soon after eating a large meal C. Eating high-fat foods D. All of the above	1.5	CO2
19	Skipping meals is a good way to cut down on calories. A. True B. False	1.5	CO4
20	How does iron-deficiency anemia affect teenagers? A. More trouble with written expression B. Can't concentrate C. Aggravates hyperactivity D. A and B	1.5	CO3
SECTION B (5 marks each question)			
Q	Short Answer Type Question (5 marks each) Scan and Upload 4 questions 5 marks. Word limit (100-120)	20 Marks	CO
1	What is Carbohydrate-insulin theory for weight loss? How it's different from energy balance theory of weight loss?	5 (3+2)	CO4

2	Briefly describe the stages of iron deficiency anemia.	5	CO1
3	Write the dietary guideline to manage ulcerative colitis.	5	CO2
4	What is constipation and flatulence? What are the causes behind these?	5 (2+3)	CO3
SECTION C 30 marks			
Q	Two case studies 15 marks each subsections	30 Marks	CO
1	A sedentary male aged 45 years old, 175 cm tall and weighed 90 kg, nonveg eater comes to you with problem of overweight and heartburn at the same time. He complained hyperacidity and bowel irritation after consuming milk and bread. He travels often and eat out at least 3 days a week. A. What's your nutritional diagnosis of this patient? B. What should be your 5 most crucial guidelines on lifestyle to this patient? C. Make a 5 day diet plan for the patient (3 days eating at home + 2 days eating outside). Include right foods that he can have while travelling.	2+5+8	CO1
2	A woman aged 27 years is pregnant with nutritional anemia. She's at 2 nd trimester. Her height is 160 cm and weight is 45 kg. A. Make a list of foods that you include in her daily diet? B. Make a meal plan for her to address her nutritional need for anemia and pregnancy both.	5+10	CO2
SECTION D 20 marks			
Q	Long Answer type Questions Scan and Upload (10 marks each) Word limit 200-250	20 Marks	CO
1	Describe types of body fats and their benefits, risks and function in obesity or body fat percentage	2+3+2+3	CO1
2	What is gastritis and how it's different from steatorrhea? Write the dietary guidelines to manage gastritis with special focus on Indian context.	5+5	CO2