

Name:		
Enrolment No:		

UPES

End Semester Examination, May 2024

Course: Principle of Dietetics

Semester: 4st

Program: Integrated BSc MSc Nutrition and Dietetics

Time : 03 hrs.

Course Code: HSND2006

Max. Marks: 100

Instructions: Read question carefully

SECTION A

S. No.	MCQs or fill in the blanks (word limit :15)	30 Marks	CO
1	What is modified diet?	1.5	CO2
2	Define ulcerative colitis.	1.5	CO1
3	What is the formula of BMR and BMI?	1.5	CO3
4	Define fat percentage	1.5	CO1
5	Define mono diet.	1.5	CO2
6	Which one of the term refers to kidney function? (a) hepatic (b) renal (c) dialysis (d) urinary bladder	1.5	CO3
7	Which one of the following groups of chemicals is not a food nutrient? (a) Proteins, (b) enzymes, (c) carbohydrates, (d) vitamins.	1.5	CO1
8	Chronic kidney disease symptoms are. (a) fatigue (b) loss of appetite (c) swelling of hands (d) all the above	1.5	CO2
9	Which one of the following foods does not contain carbohydrates? (a) Potato, (b) sugar, (c) meat, (d) rice.	1.5	CO3
10	Which one of the following is not a diet? (a)full fluid diet (b) soft diet (c) clear liquid diet (d) water diet	1.5	CO1
11	Which one of the following does not contain fat and oils? (a) Meat, (b) cheese, (c) butter, (d) sugar.	1.5	CO2
12	Which of the following foods is not a good source of iron rich diet? (a) Meat, (b) eggs, (c) milk, (d) liver.	1.5	CO3
13	Five suitable foods for constipation patients.	1.5	CO1

14	What is the role of fiber in diabetes?	1.5	CO2
15	People with mouth ulcer must control the following nutrient. (a) Protein (b) carbohydrate (c) spices and oils (d) liquid	1.5	CO3
16	Any abnormal process of bile that affects liver is called liver disease? (a) True (b) false	1.5	CO1
17	Theenzyme responsible for digestion of carbohydrates.	1.5	CO2
18	The organ of the body has the capacity of regeneration after damage.	1.5	CO3
19	Enlist the stages of burns.	1.5	CO1
20	How would you identify gall bladder disease in any patient? Write two major symptoms.	1.5	CO2

SECTION B (The word limit 250)

Q	Short Answer Type Question (5 marks each)	20 Marks	CO
1	One 19-year boy suffering pain in lower stomach with bloating and loss of appetite. What is the name of disease? What kind of diet you will suggest for him? Prepare IBW, BMI and calculate dietary requirement?	5	CO1
2	How would you identify the type 2 diabetes in man. give sign and symptoms?	5	CO2
3	Illustrate classification of burn with dietary support?	5	CO5
4	Discuss the classification and role of tube feeding in different diseases?	5	CO4

SECTION C

Q	Two case studies 15 marks for each (word limit: 300)	30 Marks	CO
---	--	----------	----

1	<p>One 52-year-old male who admitted in hospital for eye surgery. He has a two-month history of severe weakness, polydipsia, frequent urination, weight loss and tiredness. The patient reported poor appetite.</p> <ol style="list-style-type: none"> 1. Identify the disease. 1 mark ok 2. What are the diagnostic tools used for the confirmation of disease? 3 marks 3. What type of diet you will suggest to the patient, explain why? 5 marks 4. What are the possible causes and risk factors associated with the disease? 4 marks 5. What are the complications of the disease? 2 marks 	15	CO4
2	<p>Case Study 2 A 33 year old female visited clinic with complains of an upper abdominal pain, heartburn, nausea and sometimes vomiting. She was in usual state of health 5 days back when she started having epigastric pain. Pain aggravated at night after taking a large meal. She was fond of fried and spicy food.</p> <ol style="list-style-type: none"> 1. Identify the disease. 1 mark 2. What are the diagnostic tools used for the confirmation of disease? 3 marks 3. What type of diet you will suggest the patient explain why? 5 marks 4. What are the possible causes and risk factors associated with the disease? 4 marks 5. What are the complications of the disease? 2 marks 	15	CO2
SECTION- D			
Q	Long Answer type Questions (10 marks each) word limit 200	20 Marks	
1	<p>A.) Discuss the etiology and pathophysiology of gall bladder disease. (5 marks) B.) Describe the complications and dietary suggestions of Gout? (5 marks)</p>	10	CO5
2	<p>A.) Enlist the avoided and included food for hypertension problem. (5 marks) B.) Enlist the food that is allowed in high altitude diet? (5 marks)</p>	10	CO3