

2025

**M.Sc. 3rd Semester Examination
CLINICAL NUTRITION AND
DIETETICS**

Paper : CND - 304

**(Food as Medicine and Prevention of Disease)
(Old Syllabus)**

Full Marks : 50

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 *four* questions : $2 \times 4 = 8$

1. Define communicable disease.
2. Mention two causes of lifestyle diseases.
3. Give two examples of healthy foods.
4. Define supplementary food.
5. What is junk food?
6. Name any two health problems caused by frequent fast-food intake.

P.T.O.

(2)

Group - B

Answer any *four* questions : $4 \times 4 = 16$

7. Discuss about the primary prevention of disease.
8. Mention suitable food for diabetic patients.
9. Describe the diet recommended for GERD. Explain the foods to include and avoid with reasons.
10. Write in detail about the nutritional management of diarrhea.
11. Describe the dietary guidelines for Irritable Bowel Syndrome (IBS).
12. Explain the role of diet in the management of stress and anxiety.

Group - C

Answer any *two* questions : $8 \times 2 = 16$

13. Define food fortification. Explain its benefits. Describe the connection between mental health, nutrition, and lifestyle.
 $2+2+4$
14. Describe dietary restrictions and recommendations for kidney (renal) disorders.
15. Describe the nutritional management of obesity and explain the role of exercise and lifestyle changes. $4+2+2$

(3)

16. What are the causes of cardiovascular disease. Explain the diet therapy for cardiovascular diseases. 4+4

Internal Assessment : 10 marks
