2019

MSc

2nd Semester Examination

CLINICAL NUTRITION AND DIETETICS

PAPER – CND-204

Full Marks: 40

Time: 2 Hours

The figures in the right-hand margin indicate full marks.

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

Illustrate the answers wherever necessary.

Group-A

1. Answer any ***FOUR*** questions of the following: 4×2=8

   a) Why is HDL known as "good cholesterol"?

   b) Is whole grain of refined grain better for health? Explain.

   c) Write the major domains of foodomics.

   d) What are the major health deteriorating agents present in fast food?

   e) Write the names of any two energy generating metabolic path ways.

   f) What do you mean by thermic effect of food?

   g) Name two biological causes of food poisoning.

   h) What is anacrobic exercise? Give example.

Group-B

2. Answer any ***FOUR*** questions of the following: 4×4=16

   a) What is food guide pyramid?
   What are the basic five food groups? Give examples.
   2+2=4

b) Write the function of dietary fiber in prevention of diabetes and hyperlipidaemia. 4

c) Write the source and function of vitamin C. 2+2

d) Briefly enumerate different dimensions of fitness. 4

e) What is the effect of temperature on food spoiling? What is pasteurization ? 2+2

f) "Dietary fiber provide energy "- justify the statement. 4

g) Write the merits of body weight as valid sensor for nutritional status assessment in respect to body height. 4

h) What are the role of nutraceuticals for health maintenance. 4

Group-C

3. Answer any ***TWO*** questions of the following: 2×8=16

a) What are the benefits of balance diet?
What is the utility of gluten free diet?
Why is the important to add small amounts of iodized salt to every meal?
Safflower oil is better than palm oil for cooking. Explain 3+2+1+2

b) How does an adult individual maintain physical fitness?
How do you prevent cross contamination of food? 5+3

c) What is BMR?
Write the unit of BMR. State briefly role of different factors affecting BMR. 2+2+4

d) What is glycogen loading ?
Write the process of glycogen loading for enhancing physical performance. 2+6