

2012

M.Sc.

3rd Semester Examination

NUTRITION & DIETETICS

PAPER—NUD-301

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.

Module—I

(Dietary Planning : 20 Marks)

1. Answer any *five* questions of the following : 1×5
- (a) What do you mean by food exchange list ?
 - (b) Write any two importance of food samples.
 - (c) Give two examples about cultural aspect of Dietary Planning.
 - (d) Write the fundamental principle of planning of cost diet.
 - (e) Why protein have high SDA ?
 - (f) Define life style.

(Turn Over)

(g) What is the energy requirement of a person doing sedentary work as recommended by ICMR?

(h) What do you mean by NPD?

2. (a) "Improper food style may result several non communicable diseases like CVD" — Justify the statement.

(b) State the life style modification for the prevention of diabetes.

(c) Write the guidelines of dietary planning for high cost diet. 3+3+2

Or

(a) "Dietary planning is guided by dietary counselling" — Justify the statement.

(b) Write the importances of pre and post test counselling.

(c) State in brief the role of patient educator for dietary planning.

$3+(1\frac{1}{2}+1\frac{1}{2})+2$

3. (a) "Neutraceutical is an important component of balanced diet" — Justify the statement from the viewpoint of management of Osteoporosis in post-menopausal woman.

(b) State the principle of balanced diet formulation considering five food groups. 4+3

Or

- (a) Discuss in brief the dietary planning in summer season with special reference to our country.
- (b) Explain the importance of food exchange list in dietary calculation. 4+3

Module—II

(Diet Chart Preparation : 20 Marks)

4. Answer any *five* questions of the following : 1×5
- (a) What do you mean by ED-RUTF ?
- (b) Write the names of any two important minerals for the nutrition of school going children.
- (c) What do you mean by high risk pregnancy ?
- (d) Write the names of any two non nutrient factors that influence the food selection.
- (e) Why Zn containing foods are included in pregnant diet ?
- (f) Differentiate between Complementary feeding and Supplementary feeding.
- (g) Differentiate between a diet chart and menu planning.
- (h) What do you mean by processed foods ?

5. (a) "Calcium enrich diet is prescribed for the pre-school children" — Explain the statement critically.
- (b) "Milk and egg are important dietary items of pre-school children" — Justify the statement critically from the view point of nutrient requirement. 4+4

Or

- (a) "Dietary fiber is an important dietary ingredient of pregnant mother. Critically analysis this statement from the view point of pregnancy associated complication.
- (b) State the dietary planning of adolescent girl considering the reproductive events at that stage. 4+4
6. (a) Describe in brief about the basic principle followed in weaning.
- (b) Why first class protein is preferred over second class protein in the dietary menu of 8-10 th month infant. 4+3

Or

- (a) Discuss about liquid supplement and solid supplements of a baby of $1\frac{1}{2}$ years of age.
- (b) What dietary precaution you will take for the prevention of undernutrition in children.

(2+2)+3