

DKM COLLEGE FOR WOMEN (AUTONOMOUS),VELLORE.

DEPARTMENT OF FOODS AND NUTRITION

DIETETICS

SUB CODE: 15CNF6B

CLASS: III B.Sc.,

UNIT I

SECTION-A

2 MARKS

1. Define health.
2. Define RDA.
3. Define balanced diet.
4. What is therapeutic diet?
5. What are blenderised feeding?
6. What is mean by TPN?
7. Define refeeding syndrome.
8. Define dietician.
9. Define public health nutrition.
10. What are the eligibility requirements for RD Examinations?

SECTION-B

5 MARKS

1. Write a short note on routine hospital diets.
2. Mention the complications of TPN.
3. Differentiate between enteral and parenteral feeding.
4. Describe the qualities of a dietician.
5. What are the responsibilities of a dietician?

SECTION-C

10 MARKS

1. Discuss the types of special feeding methods.
2. What are the pre-requisites to become a registered dietitian?
3. What are the problems faced by dietician in an Indian hospital?

UNIT II

SECTION-A

2 MARKS

1. Define peptic ulcer.
2. Define constipation.
3. Define diarrhea.
4. Define flatulence.
5. What is mean by ORS?
6. What is mean by ORT?
7. Define lactose intolerance.

8. Define steatorrhea.
9. Define celiac disease.
10. What is mean by irritable bowel syndrome?
11. What is mean by diverticular disease?
12. What are the symptoms of infective hepatitis?
13. What is the principle of diet for cirrhosis?
14. Differentiate between cholecystitis and cholelithiasis.

SECTION-B 5 MARKS

1. Explain the mechanism of ulcer formation.
2. Write a short note on bleeding ulcer.
3. Explain the causative factors of peptic ulcer.
4. What are the types of constipation?
5. What are the types of diarrhea?
6. Describe about infective hepatitis.

SECTION-C 10 MARKS

1. What is constipation and its types? Explain the modification of diet for it.
2. Explain the dietary management for diarrhea.
3. Discuss about peptic ulcer.
4. Give a day's diet for a patient with infective hepatitis.
5. Bring out the relationship between alcohol and cirrhosis of liver.
6. Discuss about the gall bladder diseases.

UNIT III SECTION-A 2 MARKS

1. What is mean by CVD?
2. What is mean by CHD?
3. What is DASH?
4. What is MUFA & PUFA?
5. What is SFA?
6. What is trans fatty acids?
7. Define diabetes mellitus.
8. What is mean by gestational diabetes?
9. What is mean by polyuria and nocturia?
10. What is mean by polyphagia and polydipsia?
11. Define dietary fibre.
12. Define glycaemic index.
13. What is mean by hypoglycaemia?

SECTION-B 5 MARKS

1. Describe the role of fat in the cause of atherosclerosis.
2. Explain why sodium is restricted in hypertension.
3. What is hypercholesterolemia? Discuss the causes and treatment.
4. What are the clinical effects of CVD?
5. What are the types of hypertension?
6. Differentiate between IDDM & NIDDM.
7. Describe the diagnostic methods of diabetes.
8. Write a short note on glucose tolerance test.
9. What are food exchange lists? Write the importance of it in planning diabetic diet.
10. Write a short note on complications in diabetes.
11. Write a short note on gestational diabetes.

SECTION-C 10 MARKS

1. Explain the objectives and principles of planning a diet for atherosclerotic patient.
2. What dietary advice should be followed or given in modifying the diet of a patient with hypertension?
3. Explain the role of fruits and vegetables in the prevention of heart diseases.
4. Describe the role of fat in the treatment of atherosclerosis.
5. Explain the role of functional foods in prevention of atherosclerosis.
6. Explain the metabolic changes in diabetes.
7. Describe the clinical symptoms and diagnosis of diabetes.

UNIT IV SECTION-A 2 MARKS

1. What is meant by GFR?
2. What is glomerulonephritis?
3. What are the symptoms of nephrosis?
4. Differentiate between acute and chronic renal failure.
5. What is meant by oliguria?
6. What are the two basic kinds of dialysis?
7. What is meant by urolithiasis?
8. What is meant by ash diet?
9. What is meant by alkali ash diet?
10. What is meant by low oxalate diet?
11. What are the general causes for cancer?
12. List out the types of cancers.

SECTION-B 5 MARKS

1. Differentiate between nephritis and nephrosis.
2. How are kidney stones formed?
3. Write a note on peritoneal dialysis.
4. What is cancer? Give classification.
5. Describe the role of food in the prevention of cancer.
6. Describe about prebiotics and probiotics.

SECTION-C 10 MARKS

1. Explain the dietary modifications for treatment of glomerulonephritis.
2. Explain the reasons for dietary restrictions in kidney disorders. Plan a day's diet for a school boy suffering from nephrosis.
3. What is acute renal failure? Explain the causes and treatment.
4. What is dialysis? Discuss its types.
5. Explain the risk factors of cancer.
6. Describe the nutritional problems of cancer therapy.
7. Plan a day's diet for a school girl suffering from stomach cancer.
8. Explain the relationship between antioxidants and the incidence of cancer.

UNIT V SECTION-A 2 MARKS

1. Define fever.
2. Define typhoid.
3. Write the principle of diet for typhoid.
4. What is TB?
5. Define obesity.
6. What is BMI?
7. List out the grading of obesity.
8. What is mean by Broca's index?
9. What is malnutrition?
10. Write the advantages of weight loss?

SECTION-B 5 MARKS

1. Explain the causes and types of fever.
2. Plan a day's diet for a teenage girl suffering from general fever.
3. Write a short note on juvenile obesity.
4. Explain grades of obesity
5. Write the principles of dietary management in obesity.

6. Explain the treatment for obesity.
7. What are the important causes of underweight?

SECTION-C

10 MARKS

1. State the basic principles to be observed in planning diets for patients recovering from typhoid fever.
2. Give a diet plan for a patient recovering from tuberculosis.
3. Explain the complications of obesity.
4. List out the limitations of underweight.
5. What are the parameters used in the diagnosis of obesity?
6. Plan a day's diet for an adult businessman who is obese.
7. Describe the symptoms of underweight and explain the dietary modifications in underweight.