

ROLL No.....

NATIONAL COUNCIL FOR HOTEL MANAGEMENT  
AND CATERING TECHNOLOGY, NOIDA  
**ACADEMIC YEAR – 2016-2017**

COURSE : 1<sup>st</sup> Semester of Post Graduate Diploma in  
Dietetics & Hospital Food Service  
SUBJECT : Nutritional Perspective in Community - I  
TIME ALLOWED : 03 Hours MAX. MARKS: 100

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(Marks allotted to each question are given in brackets)

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Q.1. Elaborate on Alma Ata Declaration. Health is a fundamental right. How is healthcare provided at different levels in India. (4+6=10)

Q.2. Explain term Demographic transition. Explain the stages of demographic cycle with examples. (2+8=10)

Q.3. Meal planning involves decision making. Justify. (10)

**OR**

- (a) List the dietary goals and guidelines for adults.  
(b) Discuss the nutrient needs and RDA during infancy. (5+5=10)

Q.4. Discuss the nutritional needs and dietary modification suggested during lactation(0-6 months) (10)

**OR**

- (a) Discuss diet and feeding pattern of:  
(i) Adolescence age  
(ii) Preschool age  
(b) What points need to be taken care for introduction of complementary feed? (3+3+4=10)

Q.5. Give functions, deficiency symptoms, food sources and RDA of **any two** minerals important for maintaining good health. (10)

- Q.6. (a) Give the classification of carbohydrates.  
(b) Enumerate the functions, highlighting the role of dietary fibre. (5+5=10)

**OR**

- (a) Discuss the factors affecting protein quality.  
(b) Discuss the importance of essential fatty acids in our diet. (6+4=10)
- Q.7. (a) Give the relationship between niacin and tryptophan.  
(b) Discuss the 3D's of pellagra.  
(c) Discuss the role of B vitamins in carbohydrate protein and fat metabolism. (3+3+4=10)

- Q.8. Define term protein quality. Explain the biological methods of evaluation of protein quality. (10)

**OR**

- (a) Discuss the physiological changes that occur during elderly stage.  
(b) Discuss the diet and feeding pattern of elderly. (5+5=10)
- Q.9. Write short notes on **any two**:  
(a) Glycemic Index  
(b) Energy and protein requirement during pregnancy  
(c) Vitamin A  
(d) Tips for maintaining healthy lifestyle (2x5=10)

- Q.10. **A** Define following:  
(i) Reference woman (ii) Insoluble fibre (iii) ARF  
(iv) Community (v) PAL

- B** Match the following:  
(i) ICF (a) Sodium  
(ii) Methionine (b) Nitrogen balance method  
(iii) Butter (c) Essential amino acid  
(iv) Protein (d) Saturated fat  
(v) Pellagra (e) Potassium  
(f) Niacin (5+5=10)

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