Q.1. Explain the following in 2-3 sentences:
(a) Balanced diet
(b) ‘Yo-yo’ effect during weight reduction
(c) Android obesity
(d) Dietetics
(e) MUFA

(5x2=10)

Q.2. Enumerate five phases involved in the nutritional care process. Discuss any two briefly.

OR

What are the different areas of specialisation for dietitians? Briefly highlight the role of a clinical dietitian.

(10)

Q.3. Enumerate the various hospital diets. What are the different dietary adaptations that are made to meet the therapeutic needs?

OR

Which are the two special feeding methods for critically ill patients? Discuss any one.

(10)

Q.4. What kind of diet would you recommend for a patient suffering from typhoid fever?

OR

What nutritional management can be done for a person diagnosed with Atherosclerosis?

(10)
Q.5. What diet and behavioural modifications would you suggest for a 40 year old business executive who has a BMI of 30.  
(10)

Q.6. Discuss the role of two dietary factors in the etiology of hypertension. What dietary changes are beneficial to control it?  
(10)

Q.7. Discuss the objectives, principles and dietary management of a 50 year old school teacher suffering from Type 2 diabetes mellitus.  
(10)

Q.8. Write short notes on any two of the following:
(a) Nutritional management of tuberculosis.
(b) Dietary recommendations for a person suffering from HIV/AIDS.
(c) Acute complications of diabetes.
(d) Hazards of obesity.  
(2x5=10)

Q.9. Explain briefly any two of the following:
(a) Lipo Proteins
(b) Oral Glucose Tolerance Test
(c) Sodium Restricted Diets
(2x5=10)

Q.10. Fill in the blanks:
(a) The two broad categories of fever are _______ and _______.
(b) There is a _____ increase in BMR with every 1ºF increase in body temperature.
(c) A person is classified as underweight when the BMI is _______.
(d) An obese sedentary person requires _____ Kcal/Kg ideal body weight/day.
(e) Underweight is a condition when the body weight is ___% less than the average.
(f) Type 2 diabetes is also called _______.
(g) Normal blood glucose levels are _______.
(h) Two low GI foods suitable for diabetics are _____ and _______.
(i) Desirable level of total cholesterol in blood is _______.
(j) ________ is also called the friendly cholesterol.  
(10x1=10)