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

COURSE   :   1st Semester of Post Graduate Diploma in
                            Dietetics & Hospital Food Service
SUBJECT   :   Therapeutic Dietetics - I
TIME ALLOWED   :   03 Hours   MAX. MARKS: 100

_____
(Marks allotted to each question are given in brackets)
_____

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 1^oF 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)

****