

M.Sc. (Home Science – Nutrition and Dietetics) DEGREE

**Third Semester
CLINICAL AND THERAPEUTIC NUTRITION**

Sub. Code- 36531

**PART A
Answer ALL questions.**

1. Write the purpose of a dietician.
2. What can you expect at a weight loss clinic?
3. What causes feeding problems in babies?
4. What are the basic health needs?
5. What are the common causes of febrile illness?
6. How do you know if you have gastrointestinal issues?
7. What causes ulcerative colitis?
8. Can you live without a gallbladder?
9. What are the most common metabolic disorders?
10. What foods to avoid if you have protein in your urine?

PART B Answer ALL questions, choosing either (a) or (b).

11. (a) Write the Role of Nurses and Nutrition in Healthy Patients.
Or
(b) Elaborate the professional ethics and obligations of dietitians.
12. (a) Discuss about regular diet and light diet.
Or
(b) Mention briefly about acute, chronic and recurrent fevers.
13. (a) Briefly explain about dumping syndrome.
Or
(b) Elaborate about celiac disease and steatorrhea.
14. (a) How does phenylketonuria affect the body?
Or
(b) What effect does hypothyroidism have on the body?
15. (a) Elaborate about the dietary management and prevention for food allergy.
Or
(b) Describe about diet during Alzheimer's disease.

PART C Answer any THREE questions.

16. Briefly explain the psychology of feeding the patient, problems of feeding children and assessment of patients needs.
17. Discuss briefly about H1N1, dengue fever and Chikungunya.
18. Describe about dietary regimen in cholecystitis, cholelithiasis and pancreatitis.
19. Write the contributory factors and dietary modifications of glomerulonephritis and nephrosis.
20. Elaborate about diet during burns, sepsis and trauma.

DIETETICS IN LIFE STYLE DISEASES

Sub. Code 36532

PART A — Answer ALL questions.

1. Define stress.
2. Name any two anti-stress food
3. “Faulty eating habits contribute to obesity”, list any two factors.
4. Which Artificial sweeteners are preferred for diabetes?
5. How would you define Insulin resistance?
6. What are the foods, which are hard to digest and must be avoided for a patient with the condition of Dyslipidaemia?
7. Give the principles of diet in the treatment of Angina pectoris.
8. List two foods to be included to a patient suffering from Hypotension.
9. What are the factors that contribute to lifestyle diseases?
10. Mention any two Causes of Dysphagia.

PART B Answer ALL questions, choosing either (a) or (b).

11. (a) Write short notes on psychosomatic disorder
Or
(b) Describe the Biological effect of stress on brain.
12. (a) Enumerate the factors to be considered in planning a diet for gestational diabetes.
Or
(b) How will you plan the diet menu for underweight?
13. (a) Describe the modifications made in the diet for hypercholesterolemia.
Or
(b) Explain the factors responsible for cardio vascular disease.
14. (a) Describe the causes and complications of hypertension.
Or
(b) Distinguish the various types of cancer therapy.
15. (a) Explain the clinical features of Epilepsy.
Or
(b) How will you counsel the cancer patient based on dietary guidelines?

PART C Answer any THREE questions.

16. Discuss the factors to be considered in the dietary management for stressed adult person.
17. Discuss the nutritional recommendations for the management of Diabetes mellitus
18. Enumerate the dietary guidelines for the prevention and treatment of ischemic heart disease.
19. Plan a day’s menu for an adult man with severe sodium restricted diet for a congestive heart failure patient.
20. Elaborate the role of food in the prevention of cancer.

COMMUNITY NUTRITION
Sub. Code – 36533

PART A Answer ALL questions.

1. What is the importance of a community nutrition?
2. How would you describe malnutrition?
3. How will you assess the nutritional status of pre-school children?
4. What are the advantages of diet survey?
5. List two objectives of the school lunch programme
6. Bring out the importance of iodine
7. What does CARE Provide?
8. State the main goal of ICMR
9. Write the objectives of prophylaxis program.
10. List the steps in the counselling process.

PART B Answer ALL questions, choosing either (a) or (b).

11. (a) What are the factors affecting Health of the Community?
Or
(b) How can we prevent malnutrition in the community?
12. (a) Bring out the importance of assessment of nutritional status.
Or
(b) How eating habits affect the nutritional status of the adolescents?
13. (a) Describe the clinical features of Xerophthalmia
Or
(b) What dietary modification you would suggest to control anemia?
14. (a) Discuss the role of WHO in promoting nutrition education.
Or
(b) Write the aims and functions of UNICEF in combating malnutrition
15. (a) What are the impact of Green revolution?
Or
(b) Elaborate on the contribution of the ICDS program for the improvement of the nutritional status.

PART C Answer any THREE questions.

16. Comment on the concept that “the community has a direct responsibility for the health of individual”.
17. How nutritional screening and assessment is done by using anthropometric measurement?
18. With reference to preschool age children explain the prevalence of malnutrition and explain the preventive processes available.
19. Discuss the role of international agencies in promoting nutrition education.
20. Describe the steps involved in program planning process, write down one programme plan on Adolescent anaemia among girls.