

2011

M.Sc.

3rd Semester Examination

NUTRITION & DIETETICS

PAPER—NUD-301

Full Marks : 40

Time : 2 Hours

The figures in the right-hand margin indicate full marks.

Candidates are required to give their answers in their own words as far as practicable.

Illustrate the answers wherever necessary.

Module—I

(Dietary Planning : 20 Marks)

1. Answer any five questions of the following : 1×5
- (a) What do you mean by 'Safe range of intake' with reference to RDA, EAR & UL ?

- (b) What is Health Eating Index (HEI) and Index of Nutritional Quality (INQ) ?
 - (c) Which are 'Non-haem Iron' & 'haem Iron' foods ?
 - (d) Which trace element is necessary for a pregnant mother ?
 - (e) Write the full forms of FUFBOSE & FOSHU.
 - (f) What is Bioregenerative food system ?
 - (g) What do you mean by traditional cultural food pattern ?
 - (h) What do you mean by 'obligatory losses of nutrients' ?
2. (a) Write the principle of food exchange list.
- (b) State the importance of food exchange list.
- (c) Discuss the different steps adopted for 100 Kcal food exchange list. 2+2+4

Or

- (a) What are the variation of dietary planning in winter season in tropical country ?

(b) State the social and psychological factors influencing food habits. 5+3

3. (a) What are the factors depends on classification of economical status of the family ?

(b) What are the variations adopted for the formulation of high cost diet? 4+3

Or

(a) Discuss how life style influence the dietary planning.

(b) State the guideline for the preparation of low cost diet in our state. $3\frac{1}{2}+3\frac{1}{2}$

Module—II

(Diet Chart Preparation : 20 Marks)

4. Answer any *five* questions of the following : 5×1

(a) What are the main two objectives of balanced diet chart ?

- (b) Mention about Resistant Starch (RS) with reference to its main function in colon ?
 - (c) What do you mean by 'Phantom foods' & 'M foods' ?
 - (d) What is RUTF ?
 - (e) Write the full forms with functions of DLW &
 - (f) What are two major components responsible for maternal weight gain ?
 - (g) Write any two major vitamins required for Geriatric Persons.
 - (h) Differentiate between Pesco and Lacto-ovo-vegetarian.
5. (a) What do you mean by PAR & PAL and how to calculate them of these ?
- (b) Calculate energy deposition of an infant (boy) having age 0-3 months with the help of Protein mass and Weight gain in gm/day.
- (c) How do you calculate daily energy requirement for a boy above infant ?

Or

- (a) Why extra energy requirements in different trimesters of Pregnancy and mention the respective ICMR recommended amounts as per 2010.
- (b) State the dietary management of different high risk pregnancies. 3+5
6. (a) What are the Non-Nutrition factors those influence the food choice for preparation of diet chart?
- (b) Write the daily requirements of micro minerals — Iron & Zinc, in adolescent stage with their physiological importance. 3+4

Or

- (a) Calculate the energy of an old female having age 60 yrs., body wt. 55 kg., prediction equation of BMR $[10.0 \times B.wt.(kg.) + 565]$ and Pal value for light active lifestyle.

(b) What is geriatric nutrition?

(c) Write the types of food essential for elderly people.

3+
