

Integrated B.Sc. – M.Sc. Clinical Nutrition and Dietetics (CND)
First Year Semester-II, June/July -2018 Examination

Time: 2.00 Hrs.

[Max. Marks: 50]

ASSESSMENT OF NUTRITIONAL STATUS

Q.P Code: CND-122

*Your answers should be specific to the questions asked.
Draw neat labelled diagrams wherever necessary.*

LONG ESSAY

2 X 6 = 12 Marks

1. Define dietary assessment. List the methods and explain.
2. What is nutrition surveillance? Discuss its uses.

SHORT ESSAY

6X 4 = 24 Marks

3. Nutrition assessment as a tool to improve the quality of life. Justify.
4. Enumerate the clinical signs in nutritional assessment.
5. Briefly explain the clinical methods of nutritional assessment.
6. Write a note on NNMB.
7. What are the objectives of nutrition monitoring?
8. How do you assess the nutritional status by indirect method?

SHORT ANSWER

7 X 2 = 14 Marks

9. What is grip strength?
10. Write the procedure for squatting test.
11. List two clinical symptoms of kwashiorkor and marasmus.
12. Give the BMI for normal and obesity grade I.
13. Define IMR. Give the formula.
14. Write two advantages of evaluation of nutritional assessment.
15. Give the normal blood values for Fasting Blood sugar and Random Blood Sugar.

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SRI DEVARAJ URS ACADEMY OF HIGHER EDUCATION & RESEARCH
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APPLIED NUTRITION-I

Q.P Code: CND-124

*Your answers should be specific to the questions asked.
Draw neat labelled diagrams wherever necessary.*

LONG ESSAY

2 X 6 = 12 Marks

1. What is BMR? Write the factors affecting BMR?
2. Explain various methods of evaluating protein quality?

SHORT ESSAY

6X 4 = 24 Marks

3. Write the digestion of carbohydrates in stomach?
4. Thermogenesis.
5. How lifestyles affect the nutritional status of teens?
6. Biological value of proteins.
7. Role of Insulin in energy metabolism.
8. Applications of Arginine.

SHORT ANSWER

7 X 2 = 14 Marks

9. Phenylketonuria.
10. BMI.
11. Dietary source of fiber.
12. Cyanacobalamin.
13. Chemical score.
14. MUFA.
15. Triglycerides.

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FOOD FACTS AND PRINCIPLES-II

Q.P Code: CND-125

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LONG ESSAY

2 X 6 = 12 Marks

1. Describe in detail about the composition of milk?
2. Write in detail about the Leavening agents?

SHORT ESSAY

6X 4 = 24 Marks

3. Write short note on the properties of milk?
4. Write about the structure of meat?
5. Write about tenderizing of meat?
6. Write short note on forms of sugars?
7. How do you evaluate quality of EGG?
8. Write the health benefits of spices and condiments?

SHORT ANSWER

7 X 2 = 14 Marks

9. What is milk substitutes?
10. What is tendering of meat?
11. Define brown sugar?
12. Write on milk based beverages?
13. Define casein.
14. Write minor spices in India?
15. What is pasteurization?

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HOSPITAL DIETETICS-I

Q.P Code: CND-123

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Draw neat labelled diagrams wherever necessary.*

LONG ESSAY

2 X 6 = 12 Marks

1. Write the principles and points to be considered in planning diet.
2. Classification of Dietitians.

SHORT ESSAY

6X 4 = 24 Marks

3. Write short note on Food Pyramid.
4. Discuss the responsibilities of Dietitian.
5. What are the different types of Enteral nutrition.
6. Low residue diet.
7. Write the dietary principles of cardiovascular diseases.
8. Write the importance of mother nutrition on IUGR.

SHORT ANSWER

7 X 2 = 14 Marks

9. IUGR.
10. Lactose intolerance.
11. Write the protein and carbohydrate RDA of pregnant.
12. ICMR.
13. Define clear fluid diet.
14. Food exchange list.
15. Oral rehydration therapy.

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ENVIRONMENTAL STUDIES

*Your answers should be specific to the questions asked.
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LONG ESSAY

2 X 10 = 20 Marks

1. Define Disaster? Classify Disasters with examples? Describe briefly on the measures to be taken during Floods?
2. Classify Solid waste. Describe the control measures for effective management of solid waste generated at urban areas and industries?

SHORT ESSAY

5 X 5 = 25 Marks

3. What are food chains and food webs? Give examples and discuss their significance.
4. Enumerate the Sources, effects and control measures for noise pollution.
5. What are the major causes and consequence of deforestation?
6. What is global warming? Enumerate the causes and its effects and suggest necessary to prevent Global warming.
7. What is soil erosion? Discuss the measures for checking soil erosion.

SHORT ANSWERS

5 X 3 = 15 Marks

8. What are the effects of Population Explosion?
9. List the endangered and endemic species of India?
10. Write a short note on Minamata disease.
11. Enumerate the atmospheric pollutants causing air pollution?
12. Enumerate different acts to protect environment?

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YOGA THERAPY

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LONG ESSAY

2 X 6 = 12 Marks

1. Explain in detail about ashtanga yoga according to patanjali.
2. Explain Diabetes Mellitus and its yogic management.

SHORT ESSAY

6 X 4 = 24 Marks

3. Write a note on IAYT for acid peptic disease.
4. Concept of yogic diet and its relevance in management of lifestyle.
5. Define Hypothyroidism with its Yogic management.
6. Write a brief note on importance of shadkriyas in disease management.
7. Stress physiology and psychosomatic ailments.
8. Asana vs Exercises (Hatha yoga vs Astanga yoga)

SHORT ANSWERS

7 X 2 = 14 Marks

9. Define asana and name any four standing asanas.
10. Define hypertension.
11. Kriyas used in bronchial asthma.
12. Symptoms of cardiovascular diseases.
13. Causes of obesity.
14. Symptoms of irritable bowel syndrome.
15. Symptoms of nasal allergy.

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