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**P.G. Diploma in Dietetics and Nutrition (Semester - I) (New) (CBCS)
Examination: Oct/Nov-2022
Human Physiology**

Day & Date: Wednesday, 22-02-2023
Time: 11:00 AM To 02:00 PM

Max. Marks: 80

- Instructions:** 1) Q. Nos. 1 and. 2 are compulsory.
2) Attempt any three questions from Q. No. 3 to Q. No. 7
3) Figure to right indicates full marks.

Q.1 A) Choose the correct alternative. (MCQ) 10

- 1) What is the ratio of WBC to RBC in the body?
 - a) 1:60
 - b) 1:600
 - c) 1:6000
 - d) 1:500
- 2) Which of the following is responsible for the red colour of blood?
 - a) Hemocyanin
 - b) Myoglobin
 - c) Haemoglobin
 - d) Keratin
- 3) Which body muscle can resist fatigue?
 - a) Voluntary
 - b) Striped
 - c) Cardiac
 - d) Smooth
- 4) The life span of red blood cells is?
 - a) 100 days
 - b) 110 days
 - c) 120 days
 - d) 10 days
- 5) Respiratory centre is located in?
 - a) Cerebellum
 - b) Medulla oblongata
 - c) Cerebrum
 - d) Trachea
- 6) Night blindness and xerophthalmia are generally conditions associated with the deficiency of which vitamin?
 - a) Vitamin B
 - b) Vitamin K
 - c) Vitamin B2
 - d) Vitamin A
- 7) Which of the following organelle is called 'Suicidal Bag'?
 - a) Mitochondria
 - b) Endoplasmic reticulum
 - c) Lysosome
 - d) Ribosome
- 8) Viscosity of blood increases with rise in.
 - a) Albumin
 - b) Globulin
 - c) Fibrinogen
 - d) Prothrombin
- 9) Who discovered blood groups?
 - a) Galton
 - b) Carl Linnaeus
 - c) Edward Jenner
 - d) Landsteiner
- 10) Homeostasis means
 - a) Control of internal environment of the body
 - b) Adaptation with the environment
 - c) Constant environment of the body
 - d) All of the above

- B) Fill in the blanks OR Write true/false.** **06**
- 1) Stomach epithelial cells in the body secrete _____.
 - 2) _____ are functional units of food absorption.
 - 3) Protein digestion occurs in _____.
 - 4) The blood pressure of a healthy human being is _____.
 - 5) Heparin is secreted by _____.
 - 6) Adrenaline is secreted by _____ gland.
- Q.2 Answer the following.** **16**
- a) Types of tissues
 - b) Plasma proteins
 - c) Kidney functions
 - d) pituitary gland hormones
- Q.3 Answer the following.** **16**
- a) Describe cardiac cycle in short.
 - b) Process of digestion in short
- Q.4 Answer the following.** **16**
- a) Process of respiration
 - b) Menstrual cycle
- Q.5 Answer the following.** **16**
- a) Functions of skin
 - b) RBC development
- Q.6 Answer the following.** **16**
- a) Blood functions and composition
 - b) Thyroid gland functions
- Q.7 Answer the following.** **16**
- a) Coagulation
 - b) Menopause symptoms

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P.G. Diploma in Dietetics and Nutrition (Semester - II) (New) (CBCS)
Examination: Oct/Nov-2022
Nutrition and Dietetics- II

Day & Date: Thursday, 23-02-2023
 Time: 11:00 AM To 02:00 PM

Max. Marks: 80

- Instructions:** 1) Q. Nos. 1 and. 2 are compulsory.
 2) Attempt any three questions from Q. No. 3 to Q. No. 7
 3) Figure to right indicate full marks.

Q.1 A) Choose correct alternative. (MCQ) 10

- 1) Which Deficiency found in Pernicious Anaemia?
 - a) Iron
 - b) Vitamin B12
 - c) Vitamin C
 - d) Vitamin B6
- 2) Which of the following is very reach source of iron?
 - a) Spinach
 - b) Gardencrees seed
 - c) Rajkeera leaves
 - d) Drumstick leaves
- 3) Which of the following factors are Affecting Glycamic Response to food?
 - a) A rate of ingestion
 - b) Food form
 - c) Food component
 - d) All of these
- 4) Low calories, low fat, Low sodium diet with normal protein is prescribed in.
 - a) Hypertension
 - b) Obesity
 - c) Underweight
 - d) atherosclerosis
- 5) Which of the following is short term fever?
 - a) Typhoid
 - b) Influenza
 - c) Tuberculosis
 - d) a and b
- 6) Protein requirement during tuberculosis for an adult is.
 - a) 1 gm/kg body weight
 - b) 2 to 3.5 gm / kg body weight
 - c) 1.5 to 2 gm /kg body weight
 - d) 1 to 1.5 gm/kg body weight
- 7) Salmonella typhoid causes.
 - a) Influenza
 - b) Typhoid
 - c) Malaria
 - d) none of above
- 8) which one avoid in Diabetes mellites.
 - a) Monosaccharides
 - b) Fiber
 - c) Starch
 - d) Pectin
- 9) Height (cm) -100= Ideal weight is called as.
 - a) Ponderal index
 - b) broka's Index
 - c) Body mass Index
 - d) all of above
- 10) BMI is above 40 is called.
 - a) Grade I obesity
 - b) Grade II obesity
 - c) Grade III obesity
 - d) Overweight

- B) Write true and false.** **06**
- 1) DASH diet is important in Hypertension.
 - 2) Heart is a Storage house of Nutrient.
 - 3) Rickets is deficiency of a Vitamine D.
 - 4) Goitrogens substance that interfere with Iodine metabolism.
 - 5) Non volatile acids excreted by kidneys called as ketosis.
 - 6) Salivary amylase helps indigestion of fat.
- Q.2 Answer the following.** **16**
- a) Explain mechanism of Ulcer formation.
 - b) Write down agent responsible for liver damage.
 - c) Explain aetiology of DM.
 - d) Write w a short note on glycemic index.
- Q.3 Answer the following.** **16**
- a) Explain Hypertension and its dietary management.
 - b) Explain Acute Glomerular nephritis and its dietary management.
- Q.4 Answer the following.** **16**
- a) Explain pathophysiological changes in obesity.
 - b) Explain dietary requirement during underweight with menu planning.
- Q.5 Answer the following.** **16**
- a) Write down type of anemia in detail.
 - b) Dietary requirement in cancers condition.
- Q.6 Answer the following.** **16**
- a) Explain hospital diet and feeding technic.
 - b) Explain causes and Symptoms Chronic Renal failure.
- Q.7 Answer the following.** **16**
- a) Explain DASH diet for hypertension.
 - b) Explain metabolic changes in fever.

- B) Write true and false.** **06**
- 1) Brix refractometer with scale is example of chemical method.
 - 2) Specific Volume = Bulk Volume /weight of substance.
 - 3) Butyrometer used to find butter content in milk.
 - 4) Dilution test is a type of composite scoring test.
 - 5) Blanching is example of preservation by Destruction or inactivation of food enzyme.
 - 6) Ginger is the Stem of the plant.
- Q.2 Answer the following.** **16**
- a) Explain stages of Lathyrism.
 - b) write down factors that effect on gelatinization process.
 - c) Explain steps involved in spoilage of milk.
 - d) Explain Nutritive value of egg.
- Q.3 Answer the following.** **16**
- a) Explain structure of egg with figure.
 - b) Write a short note on pigment.
- Q.4 Answer the following.**
- a) Explain types of sensory evaluation test. **10**
 - b) Write a short note on sensory characteristics of food. **06**
- Q.5 Answer the following.** **16**
- a) Explain preservation by high temperature in detail.
 - b) Explain refining and processing of fat.
- Q.6 Answer the following.** **16**
- a) Explain principle of food preservation.
 - b) Explain egg cookery.
- Q.7 Answer the following.** **16**
- a) Explain fermented product of milk.
 - b) explain storage of vegetable.

Q.1 B) Fil in the blank.

- 1) _____ is the most abundant protein in the body, comprising of one third of total body protein volume.
 - a) L Carnitine
 - b) Collagen
 - c) Leucine
 - d) None of above
- 2) _____ most famous for its role in the stimulation of human growth hormone.
 - a) Lysine
 - b) Leucine
 - c) Arginine
 - d) Serine
- 3) _____ is a neuro transmitter.
 - a) Lysine
 - b) Leucine
 - c) Isoleucine
 - d) L- Glutamine
- 4) A reduction of your body water content as litter as _____ can reduce performance.
 - a) 5-8%
 - b) 1-4%
 - c) 9-10%
 - d) None of above
- 5) _____ are required to spare muscle break down during exercise.
 - a) Glutamine
 - b) BCAA (Branded Chain Amino Acid)
 - c) Collagen
 - d) Arginine
- 6) _____ is the best anti-oxidant.
 - a) L-Glutathione
 - b) Glutamine
 - c) Leucine
 - d) Isoleucine

Q.2 Answer the following.

16

- a) Write a note on athletic significance of lipids.
- b) Write a note on athletic significance of waters & oxygen.
- c) Write a note on L-Arginine.
- d) Write a note on carbohydrate for in increased athletic performance.

Q.3 Answer the following.

16

- a) Write a note on Athletic significance of carbohydrate & carbohydrate loading.
- b) Write a note Athletic significance of protein & essential amino acid.

Q.4 Answer the following.

16

- a) Write a note on water balance & briefly describe hydration guidelines for optimum athletic performance during endurance events.
- b) Write a note on endurance exercise & metabolic response and briefly system changes an Anaerobic system.

Q.5 Answer the following.

16

- a) Write a note on Performance Nutrition plan with rational with example.
- b) Anaerobic - Immediate energy sport & Anaerobic Glycolytic sport.
- c) Anaerobic Glycolytic - oxidative Glycolytic sport & oxidative sport.

Q.6 Answer the following.

16

- a) Write a note on athletic significance of vitamins & briefly Lipid soluble vitamins.
- b) Write a note on botanical ergogenic supplement with doses.
 - a) L- Carnitine & Coenzyme Q10
 - b) Creatine Monohydrate & Caffeine

Q.7 Answer the following.

16

- a) Plan a diet for 21 years male Bodybuilder athlete. (2400 kcal/day)
- b) Plan a diet for 18 years female marathon. (2100 kcal/day)

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**P.G. Diploma in Dietetics and Nutrition (Semester - II) (New) (CBCS)
Examination: Oct/Nov-2022**

Food Service Management & Community Nutrition

Day & Date: Saturday, 25-02-2023

Max. Marks: 80

Time: 11:00 AM To 2:00 PM

- Instructions:** 1) Q. 1 and Q. 2 are compulsory.
2) Attempt any three questions from Q. No. 3 to Q. No. 7
3) Figure to right indicate full marks.

Q.1 A) Choose correct alternative.

10

- 1) In what ways can government promote good nutrition.
 - a) surveys to monitor nutrition
 - b) publishing dietary guidelines
 - c) legislating against false claims
 - d) all the options listed are correct
- 2) What is a possible outcome of long-term deficiency of vitamin A in children?
 - a) Obesity
 - b) Anemia
 - c) Blindness
 - d) Goiter
- 3) NIN is situated in _____.
 - a) Hyderabad
 - b) Delhi
 - c) Mumbai
 - d) Calcutta
- 4) PEM is mostly seen and has most destructing consequences in _____.
 - a) adulthood and adolescence
 - b) adolescence and early childhood
 - c) infancy and early childhood
 - d) only infancy
- 5) A nurse giving a presentation on good nutrition to a group of teenage mothers, the nurse is implementing which level of presentation.
 - a) Primary
 - b) Secondary
 - c) Tertiary
 - d) All of above
- 6) The primary advantage of decentralized service is _____.
 - a) uniformity of presentation
 - b) need for less supervision
 - c) decreased time between meal assembly and service
 - d) decreased number of employees needed for the service process
- 7) Which of the following is type of commercial food service?
 - a) Banquet halls
 - b) Pubs
 - c) Bakeries
 - d) All of the above
- 8) In India, consumption of _____ fruit by pregnant women is believed to lead abortion.
 - a) Mango
 - b) Apple
 - c) Papaya
 - d) Pineapple

- 9) A population is divided into sub groups to obtain a simple random sample from each group and complete the sampling process is called _____.
a) systematic random sampling
b) stratified random sampling
c) simple random sampling
d) cluster sampling
- 10) Convenience foods include _____ foods.
a) ready to eat
b) vegetarian
c) non vegetarian
d) natural

B) Write true or false for the following statement. 06

- 1) Muslims are forbidden from eating pork is a one of the religious beliefs practiced over the past several years.
- 2) Centralized delivery service system is required more equipment and Labour time than the Decentralized system.
- 3) FAO works to promote child health and nutrition across the world.
- 4) Organic foods are helps to conserve biodiversity.
- 5) Food fortification helps to improve nutritional quality of food.
- 6) Nutraceuticals does not help to increase health value of our diet.

Q.2 Answer the following. 16

- a) Importance of charts and posters in nutrition education.
- b) Advantages and disadvantages of clinical evaluation.
- c) Difference between commercial and noncommercial food service.
- d) Types of food and beverage service.

Q.3 Answer the following. 16

- a) Define sampling. List different sampling techniques and explain any one in detail.
- b) Factors affecting menu planning.

Q.4 Answer the following.

- a) Food waste disposal methods. 06
- b) Describe ICDS programme in detail. 10

Q.5 Answer the following.

- a) Write a short note on nutraceuticals. 06
- b) Write a detailed about classification and types of food service Equipments. 10

Q.6 Answer the following.

- a) Discuss the financial management of food and beverage service. 08
- b) Discuss nutritional problems in India, it's causes and remedies. 08

Q.7 Answer the following.

- a) Role of WHO for improving the nutritional and health status of community. 10
- b) Explain planning and organization for kitchen, stores and service area. 06