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**P. G. Diploma in Dietetics and Nutrition (Semester - I) (New) (CBCS)
Examination: Oct/Nov-2023
Nutrition & Dietetics – I (DDN101)**

Day & Date: Friday, 29-12-2023
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 10

- 1) All of the following are nutrients found in food except _____.
 - a) Plasma
 - b) Proteins
 - c) Carbohydrates
 - d) Vitamins
- 2) Guidelines for good health are _____.
 - a) Eat well but do not overeat
 - b) Avoid too much sweets, especially sugar.
 - c) Maintain regularity in routine.
 - d) All of the above
- 3) Which of the following statements about recommended Dietary Allowances (RDA) is true?
 - a) RDA is defined as being equal to Adequate intake.
 - b) RDA is defined as the recommended minimum requirement.
 - c) RDA is statistically defined as two standard deviations above estimated Average requirement.
 - d) RDA is defined as being equal to the estimated average requirement.
- 4) Common Therapeutic diets are _____.
 - a) Clear liquid diet
 - b) Renal diet
 - c) Low sodium Diet
 - d) All of the above
- 5) The major responsibilities of the dietitian are _____.
 - a) Diet planning
 - b) Diet counselling
 - c) Assessment of patients need and establishment of requirements.
 - d) All of these
- 6) Breastfeeding uses up an extra _____.
 - a) 1000 calories a day
 - b) 400 - 700 calories a day
 - c) 100 - 200 calories a day
 - d) 1200 calories a day
- 7) If a woman puts on too much weight during her pregnancy _____.
 - a) She should not worry as she can lose it after.
 - b) She puts her baby at risk of defects.
 - c) She is at risk of high blood pressure.
 - d) She must be Happy.

- 8) In adulthood, energy needs should balance with diet to prevent weight gain. Why is this?
- Because they have stopped growing.
 - Because they may not need as much food.
 - Because they may not be as active.
 - Because they are working.
- 9) Adolescents need extra energy and protein in their diet due to rapid growth and bodily changes. Which of the following would you recommend to provide this.
- Extra snacks between meals
 - Extra chips
 - A Big Pizza after school
 - More chocolates
- 10) A Balanced diet should have the ratio of Carbohydrates: Proteins :Fats as _____.
- 50:30:20
 - 60:20:20
 - 40:40:20
 - 80:10:10

B) Write True or false**06**

- Milk, eggs, pulses, fish are good sources of protein.
- 20-35% of diet should come from carbohydrates.
- Dietitians are the health professionals, ideally trained to implement and change dietary habits of an individual or population.
- Exercise will affect the taste of milk of lactating women.
- Snacks are an important part of a healthy diet for active children.
- The elderly are at increased risk for deficiency of carbohydrates and fats.

Q.2 Answer the following.**16**

- Guidelines of good health.
- Post- operative care.
- Physiological changes during pregnancy.
- Nutritional needs of school going children.

Q.3 Answer the following.

- Define Nutrition. Write about the signs of good and poor Nutrition.
- Define Dietitian. Write responsibilities of dietitian.

08**08****Q.4 Answer the following.**

- Role of hormones in milk production.
- Nutritional needs of Old persons.

08**08****Q.5 Answer the following.**

- Bomb Calorimeter.
- Modification of a normal diet during illness.

08**08****Q.6 Answer the following.**

- Nutritional needs of pregnant women.
- Physiological changes in Adolescents.

08**08****Q.7 Answer the following.**

- Anteral and Parental feeding.
- Nutritional needs of Adult.

08**08**

- B) Write true/false -** **06**
- 1) Amino acids are the building blocks of proteins.
 - 2) Glycogen is named as Animal Starch.
 - 3) Heparin is an anticoagulant.
 - 4) Amino acids are usually sweet, tasteless or bitter.
 - 5) Monosodium glutamate (MSG) is used as a coloring agent in foods-
 - 6) DNA is not a reserve bank of genetic information.
- Q.2 Answer the following questions.** **16**
- a) Classify proteins into three broad groups, with one example from each group.
 - b) What are polysaccharides? What are its types? Explain giving examples.
 - c) Differentiate between saturated and unsaturated fatty acids. Give one example each of saturated, monounsaturated and poly unsaturated fatty acid
 - c) What do you understand by the following terms:
 - 1) Oxidative rancidity
 - 2) saponification
- Q.3 Answer the following questions.**
- a) Explain about Carbohydrates classification, sources and types in detail. **08**
 - b) What are Fatty acids give its classification and explain its functions. **08**
- Q.4 Answer the following questions.**
- a) Define Vitamin and give its classification with examples. **08**
 - b) Name the environmental factors on which enzyme activity depends. **08**
Explain any two of these.
- Q.5 Answer the following questions.**
- a) Explain Properties and physiological importance of Colloids. **08**
 - b) Define Minerals give its classification and its examples. **08**
- Q.6 Answer the following questions.**
- a) Explain osmosis process in detail. **08**
 - b) Define Biological Value of proteins and give different indices for determination of protein quality. **08**
- Q.7 Answer the following questions.**
- a) Write a note on Iron give its sources functions and nutritional requirements and absorption, transport and storage in human body. **08**
 - b) Illustrate about Hyperlipoproteinemia in detail. **08**

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**P. G. Diploma in Dietetics and Nutrition (Semester - I) (New) (CBCS)
Examination: Oct/Nov-2023
Human Physiology (DDN104)**

Day & Date: Sunday, 31-12-2023
Time: 11:00 AM To 02:00 PM

Max. Marks: 80

- Instructions:** 1) Questions 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 the correct alternative. 10

- 1) What is the function of white blood cell?
 - a) Protection
 - b) Nutrition
 - c) Circulation
 - d) Défense
- 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 produces heart sound?
 - a) Voluntary
 - b) Striped
 - c) Cardiac
 - d) Smooth
- 4) The life span of white blood cells is?
 - a) 100 days
 - b) 110 days
 - c) 120 days
 - d) 10 days
- 5) Temperature regulation centre is in?
 - a) Cerebellum
 - b) Medulla oblongata
 - c) Cerebrum
 - d) Trachea
- 6) Rickets or Osteoporosis are generally conditions associated with the deficiency of which vitamin?
 - a) Vitamin B
 - b) Vitamin K
 - c) Vitamin B2
 - d) Vitamin D
- 7) Which of the following organelle is called 'Suicidal Bag'?
 - a) Mitochondria
 - b) Endoplasmic reticulum
 - c) Lysosome
 - d) Ribosome
- 8) Blood is which type of tissue?
 - a) Epithelium
 - b) connective
 - c) mucus
 - d) conjugated
- 9) Immunity depends upon.
 - a) red blood cell
 - b) haemoglobin
 - c) lymphocyte
 - d) protein
- 10) Homeostasis means _____.
 - a) Control of internal environment of the body
 - b) Adaptation with the environment
 - c) Constant environment of the body
 - d) All the above

- B) Fill in the blanks OR write true/false.** **06**
- 1) stomach secretes enzyme _____.
 - 2) _____ are functional units of food absorption.
 - 3) fat digestion completes in _____.
 - 4) The pulse rate of a healthy human being is _____.
 - 5) daily urine formation _____.
 - 6) growth hormone is secreted by _____ gland.
- Q.2 Answer the following.** **16**
- a) Types of cell
 - b) Types of white blood cell
 - c) Liver functions
 - d) Thyroid gland hormones
- Q.3 Answer the following.**
- a) Describe cardiac cycle in short. **08**
 - b) Process of digestion in short **08**
- Q.4 Answer the following.**
- a) Process of respiration **08**
 - b) Menstrual cycle **08**
- Q.5 Answer the following.**
- a) Urine formation **08**
 - b) Clotting process **08**
- Q.6 Answer the following.**
- a) blood functions and composition **08**
 - b) pituitary gland functions **08**
- Q.7 Answer the following.**
- a) Haemoglobin functions **08**
 - b) Puberty symptoms **08**

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**P. G. Diploma in Dietetics and Nutrition (Semester-II) (New) (CBCS)
Examination: Oct/Nov-2023
Nutrition and Dietetics-II (DDN201)**

Day & Date: Sunday, 07-01-2024
Time: 11:00 AM To 02:00 PM

Max. Marks: 80

Instructions: 1) All questions are compulsory.
2) Figures to the right indicate full marks.
3) Draw diagrams wherever necessary.

- Q.1 Solve any one in detail. 16**
a) Write in detail about Peptic Ulcer.
OR
b) What is Diabetes, its types, causes, symptoms and dietary management?
- Q.2 Solve any one in detail. 16**
a) Write in details about dialysis.
OR
b) Dietary management in surgical conditions.
- Q.3 Write in short (solve any four) 16**
a) Hepatic coma - causes & dietary modifications.
b) Cancer - definition, causes & symptoms.
c) Write about Ulcerative colitis.
d) Write about any two diseases of Nervous system.
e) Types of Hypertension & role of sodium in hypertension.
f) Write about Crohn's disease.
- Q.4 Write in short. (Solve any four) 16**
a) What is diarrhea, its types & write about oral rehydration solutions.
b) Symptoms of anaemia & its impact on development of an individual.
c) Dietary modifications in glomerulo nephritis.
d) Metabolic changes during fever.
e) Diverticula disease.
f) Constipation: types& dietary guidelines.
- Q.5 Write in short. (2 marks each) 16**
a) Types of iron in food.
b) Definition of Underweight.
c) AIDS
d) Define Athlete.
e) Types of insulin.
f) Define cholecystitis.
g) What is trauma.
h) Define constipation.

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P. G. Diploma in Dietetics and Nutrition (Semester-II) (New) (CBCS)
Examination: Oct/Nov-2023
Food Science and Food Microbiology (DDN202)

Day & Date: Tuesday, 09-01-2024
 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) About half of our diet should be made up of _____.
 a) grains and vegetables b) fruits and milk
 c) milk and cheese d) fats and sugar
- 2) In dry heat methods of cooking _____ is the medium of heat transfer.
 a) Water b) air
 c) fat d) None of the above
- 3) What is the purpose of blanching vegetables during Canning?
 a) To soften products to fill better
 b) to denature enzymes that change colour, texture
 c) to reduce microbial population
 d) all of the above
- 4) Lead chromate is a common adulterant found in _____.
 a) Water b) soft drinks
 c) turmeric d) oil
- 5) The reason for food spoilage is _____.
 a) growth of microorganisms like bacteria, fungus or insects
 b) Autolysis
 c) oxidation by air that causes rancidity or colour changes
 d) all of the above
- 6) Which of these is not a product of fermentation?
 a) Lactate b) oxygen
 c) carbondioxide d) ethanol
- 7) The date of packaging is mentioned on every packed food item because ____
 a) Every food item has its own shelf life
 b) after a certain period pathogens develop in it to spoil
 c) we should not consume expired food items
 d) all of the above options are correct
- 8) Milk, cheese and eggs are the sources of _____.
 a) vitamin C and A b) vitamin A and D,
 c) vitamin C and D d) vitamin B and C

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**P. G. Diploma in Dietetics and Nutrition (Semester - II) (New) (CBCS)
Examination: Oct/Nov-2023
Sports nutrition (DDN207)**

Day & Date: Thursday, 11-01-2024
Time: 11:00 AM To 02:00 PM

Max. Marks: 80

- Instructions:** 1) Q. No. 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.

10

- 1) MACRO ratios for anaerobic immediate energy sports performance nutrition plan _____.
 - a) 20 % fat, 25 % protein, 55 % carbohydrate
 - b) 20 % fat, 20 % protein, 60 % carbohydrate
 - c) 15 % fat, 30 % protein, 55 % carbohydrate
 - d) 25 % fat, 15 % protein, 60 % carbohydrate
- 2) MACRO ratios for anaerobic glycolytic sports performance nutrition plan _____.
 - a) 20 % fat, 25 % protein, 55 % carbohydrate
 - b) 20 % fat, 20 % protein, 60 % carbohydrate
 - c) 15 % fat, 30 % protein, 55 % carbohydrate
 - d) 25 % fat, 15 % protein, 60 % carbohydrate
- 3) _____ accumulation during workout limits the intensity with which one can exercises muscle.

a) Pyruvic acid	b) Acetic acid
c) Lactic acid	d) None of the above
- 4) What is the lean factor percent body fat level for normal men?

a) 14-20%	b) 20-28%
c) 10-14%	d) Above 28%
- 5) A contraction in which the muscle develops tension but does not shorten is termed as _____.

a) Isotonic	b) Isometric
c) Symmetric	d) None of the above
- 6) A contraction in which the muscle shortens but retains constant tension is said to be _____.

a) Symmetric	b) Isometric
c) Isotonic	d) None of the above
- 7) Carbohydrate solutions of pure glucose, at about _____ calories per 8 ounces is the easiest to stomach.

a) 30	b) 40
c) 50	d) 60
- 8) ACCORDING TO Sheldon Ectomorphic means _____.

a) Slim body type	b) Fat body type
c) Muscular body type	d) Malnourished body type

Q.6 Answer the following.

16

- a) Write a note in muscle fiber types and function along with muscular hypertrophy and mechanics of muscular contraction.
- b) Describe briefly importance of water in athletes.

Q.7 Answer the following.

16

- a) Write a note on carbohydrate loading and oxidative sports.
- b) Athletic significance of food and sports supplement.