

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BVoc DEGREE EXAMINATION DECEMBER 2023
(Sixth Semester)

Branch - FOOD PROCESSING TECHNOLOGY

THERAPEUTIC NUTRITION

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(10 x 1 = 10)

- 1 Name the component that helps to increase the bulk of the diet.
(i) Sugars (ii) Fibre
(iii) Water (iv) Protein
- 2 Which among the following is not a mode of enteral feeding?
(i) nasal (ii) jejunal
(iii) gastric (iv) intravenous
- 3 Name the first symptoms of xerophthalmia.
(i) bitot's spot (ii) night blindness
(iii) Keratomalacia (iv) conjunctival xerosis
- 4 Choose the nutritional deficiency that causes Marasmus and kwashiorkor
(i) Lack of protein and calcium (ii) Lack of energy and protein
(iii) Lack of iron and calcium (iv) Lack of carbohydrate
- 5 Which among the following is not a causative factor for obesity?
(i) starvation (ii) eating habits
(iii) sedentary life style (iv) stress
- 6 Mention the other name of Type I diabetes.
(i) juvenile onset diabetes (ii) adult onset diabetes
(iii) malnutrition related diabetes (iv) gestational diabetes
- 7 Choose the most frequently used anthropometric measure to estimate body mass.
(i) body fat (ii) fat free mass
(iii) body height (iv) body weight
- 8 Find the range of hemoglobin level of less than indicates anemia in women.
(i) 11g/dl (ii) 12g/dl
(iii) 13g/dl (iv) 14g/dl
- 9 Identify from the following which is not a type of aerobic exercise.
(i) Biking (ii) running
(iii) lifting weights (iv) swimming
- 10 Identify the frequency of a light meal before participating in a sporting event.
(i) 1 hour (ii) 3 to 4 hours
(iii) Last-minute energy boost (iv) 8 to 10 hours

Cont...

SECTION - B (35 Marks)

Answer **ALL** Questions

ALL Questions Carry **EQUAL** Marks (5 x 7 = 35)

- 11 a Describe foods that should be included in a clear fluid diet and full-fluid diet.
OR
b Explain the various types of therapeutic diets.
- 12 a Describe the causes and symptoms of protein-energy malnutrition.
OR
b Summarize the causes, symptoms, and treatment of iron-deficiency anemia.
- 13 a Outline the causes and dietary management of obesity.
OR
b Analyze the causes and nutritional management in cancer.
- 14 a Summarize the advantages and limitations of dietary assessment methods
OR
b Explain in detail about the clinical assessment schedule given by ICMR
- 15 a Compare aerobic activities and anaerobic activities.
OR
b Discuss physical fitness and list its components of physical fitness..

SECTION - C (30 Marks)

Answer any **THREE** Questions

ALL Questions Carry **EQUAL** Marks (3 x 10 = 30)

- 16 Outline the need, routes and types of food used in enteral feeding.
- 17 Identify the causes of osteoporosis and give measures to overcome osteoporosis.
- 18 Discuss the etiology, types and dietary management of diabetes mellitus.
- 19 Highlights the anthropometric techniques used to assess the nutritional status of malnourished children.
- 20 Categorize and justify a pre- and post-game meal plan for a weight-lifting person.

Z-Z-Z

END