

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION DECEMBER 2024
(First Semester)

Branch- CLINICAL NUTRITION AND DIETETICS

MEDICAL DIETETICS - I

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(10 × 1 = 10)

Module No.	Question No.	Question	K Level	CO
1	1	What is the primary purpose of elemental diet ? a. To provide high calorie nutrition for athletes b. To offer easily digestible nutrients to patients with malabsorption disorders c. To encourage weight loss in obese patients d. to promote muscle growth in body builders	K1	CO1
	2	Which of the following foods is typically excluded from clear fluid diet? a. chicken broth b. water c. pulp free fruit juice d. full fat milk	K2	CO1
2	3	Cushings syndrome is primarily caused by excess of which hormone? a. Insulin b. Cortisol c. Growth hormone d. Thyroid hormone	K1	CO2
	4	According to WHO, Grade I Obesity is classified with BMI of – a.18.5-24.9 b. 25-29.9 c 30-34.9 d 35-39.9	K2	CO
3	5	Myocardial Infarction commonly results from a. Viral infection of heart muscle b. Blockage in one or more coronary arteries c. Allergic reaction causing heart muscle swelling d. A sudden increase in heart rate and blood pressure	K1	CO3
	6	Which of the following food groups is emphasized in the DASH diet? a. Red meat and high fat dairy b. Fruits vegetables whole grain c. Processed nuts d. Fried food and fast food	K2	CO3
4	7	Wilsons disease is a genetic disorder that results in accumulation of which substance in the body ? a. iron b. Calcium c. Copper d. chromium	K1	CO4
	8	Zollinger Ellison syndrome characterized y the presence of a. Excessive insulin production b. Tumors that secrete excessive amount of gastrin c. Inability to produce HCl d. Chronic low stomach acid levels	K2	CO4
5	9	A common side effect of ketogenic diet during initial phase is --- a. Increased appetitive and craving for carbohydrate b. GI disturbances like constipation and diarrhea c. Dehydration and electrolyte imbalance d. Increased energy and improved athlete performance	K1	CO5

Cont...

5	10	A common symptom of food allergen can include a. Digestive discomfort without any other symptom b. Severe Anaphylaxis which may involve difficulty in breathing c. mild weight loss d. Decreased energy level	K2	CO5
---	----	---	----	-----

SECTION - B (35 Marks)Answer **ALL** questions**ALL** questions carry **EQUAL** Marks (5 × 7 = 35)

Module No.	Question No.	Question	K Level	CO
1	11.a.	List the indications for use of TPN. Plan a TPN regimen for an adult man.	K4	CO3
		(OR)		
	11.b.	Analyze diseased conditions that require modifications in protein intake.		
2	12.a.	List the causes of diabetes mellites.	K4	CO3
		(OR)		
	12.b.	Compare hypo and hyperthyroidism.		
3	13.a.	Explain the risk factors of hypertension.	K5	CO4
		(OR)		
	13.b.	Explain the importance of cardiac enzymes to aid in the detection of CHD.		
4	14.a.	Recommend dietary modifications for patient suffering from cholelithiasis.	K5	CO4
		(OR)		
	14.b.	Recommend a diet for a patient with post liver transplantation.		
5	15.a.	Discuss the role of diet in the management of celiac disease.	K6	CO5
		(OR)		
	15.b.	Discuss the factors to be considered in planning diets for patients with chronic obstructive pulmonary disease.		

SECTION -C (30 Marks)Answer **ANY THREE** questions**ALL** questions carry **EQUAL** Marks (3 × 10 = 30)

Module No.	Question No.	Question	K Level	CO
1	16	Classify routine hospital diets with examples.	K4	CO3
2	17	Examine the importance of dietary modification in the management of Diabetes Mellitus.	K4	CO3
3	18	Explain the clinical manifestation and dietary care for coronary heart disease.	K5	CO4
4	19	Recommend a diet for a patient suffering from acute viral hepatitis and justify the dietary modifications.	K5	CO4
5	20	Discuss the role of nutraceuticals as immune boosters and anti-inflammatory agents.	K6	CO5

Z-Z-Z END