

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)

BSc DEGREE EXAMINATION DECEMBER 2025  
(Fourth Semester)

Branch - NUTRITION, FOOD SERVICE MANAGEMENT AND DIETETICS

DIET THERAPY

Maximum: 75 Marks

Time: Three Hours

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	A multidisciplinary team in nutrition care is essential for: a) Individualized patient care b) Standardized diet for all patients c) Avoiding diet modifications d) Replacing medical treatments with diet therapy	K1	CO1
	2	The main goal of a post-operative diet is to: a) Promote healing and prevent complications b) Restrict all carbohydrate intake c) Increase fat consumption d) Avoid all sources of protein	K2	CO1
2	3	Which of the following foods has a low glycemic index? a) White rice b) Whole oats c) White bread d) Sugar-sweetened beverages	K1	CO2
	4	Which of the following is NOT an oral hypoglycemic agent? a) Metformin b) Glibenclamide c) Insulin d) Acarbose	K2	CO2
3	5	What is the most commonly used test to diagnose food allergies? a) Widal test b) Skin prick test c) HbA1c test d) MRI scan	K1	CO3
	6	What is the recommended diet for cancer patients undergoing chemotherapy? a) High-protein, high-calorie diet b) Low-fat, low-carbohydrate diet c) Ketogenic diet d) Raw food diet	K2	CO3
4	7	Hemodialysis is used to remove: a) Excess sodium and waste from the blood b) Excess bile c) Extra iron from the liver d) Fat from the intestines	K1	CO4
	8	Which test is commonly used to diagnose congestive heart failure (CHF)? a) ECG b) CT scan c) Blood sugar test d) Spirometry	K2	CO4
5	9	Which type of hepatitis is mainly transmitted through contaminated food and water? a) Hepatitis A b) Hepatitis B c) Hepatitis C d) Hepatitis D	K1	CO5
	10	Which of the following is NOT a risk factor for gallstones? a) Obesity b) Female gender c) High fiber intake d) High-fat diet	K2	CO5

Cont...

**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.	Who are the team members in nutritional care and also outline the benefits of team approach to nutritional care.	K1	CO1
		(OR)		
	11.b.	Differentiate TPN and PPN.		
2	12.a.	Describe the management of gestational diabetes and its impact on maternal and fetal health.	K2	CO2
		(OR)		
	12.b.	Brief on hormonal regulation of blood glucose.		
3	13.a.	Discuss the dietary management of food allergies and precautions to be taken in allergic individuals.	K3	CO3
		(OR)		
	13.b.	Describe the etiology, symptoms, diagnosis, and dietary management of Typhoid fever.		
4	14.a.	Plan a dietary management for middle aged adult man with CHF.	K4	CO4
		(OR)		
	14.b.	Explain the etiology, symptoms, diagnosis, and diet therapy of Nephrotic Syndrome.		
5	15.a.	Explain its causes, symptoms, diagnosis of constipation.	K5	CO5
		(OR)		
	15.b.	Summarize the diet plan for cholecystitis and cholelithiasis.		

**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	Elaborate the purpose and principle of diet therapy.	K3	CO1
2	17	Appraise the etiology ,diagnosis and diet therapy of underweight individual .	K5	CO2
3	18	Explain the etiology, symptoms, diagnosis, and dietary management of Cancer.	K2	CO3
4	19	Elaborate the etiology, symptoms, diagnosis, and diet therapy of nephrotic syndrome.	K3	CO4
5	20	<p>Assess the nutritional status and plan a diet for a patient with Liver cirrhosis with the help of parameters given below</p> <p>Patient Profile:</p> <ul style="list-style-type: none"> <li>• Name: Mr. Z</li> <li>• Age: 52 years</li> <li>• Gender: Male</li> <li>• Occupation: Businessman</li> <li>• Medical History: Chronic alcoholic for 15 years, history of fatty liver, now diagnosed with liver cirrhosis. He complains of fatigue, jaundice, abdominal swelling (ascites), and loss of appetite.</li> </ul> <p>Lab Findings:</p> <ul style="list-style-type: none"> <li>o Elevated liver enzymes (ALT, AST)</li> <li>o Low albumin levels (causing fluid retention)</li> <li>o Increased bilirubin (causing jaundice)</li> </ul>	K5	CO5

Z-Z-Z END