

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BSc DEGREE EXAMINATION MAY 2026
(Fourth Semester)

Branch – NUTRITION AND FOOD SERVICE MANAGEMENT AND
DIETETICS

DIET THERAPY

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	The main purpose of diet therapy is to: a) Cure all diseases b) Provide individualized dietary modification based on patient's condition c) Replace medical treatment d) Increase appetite only	K1	CO1
	2	A bland diet is usually prescribed for: a) Peptic ulcer b) Obesity c) Diabetes mellitus d) Hypertension	K1	CO1
2	3	The primary dietary goal in obesity management is: a) Rapid weight loss b) Balanced calorie restriction with increased activity c) Zero fat diet d) Elimination of carbohydrates	K2	CO2
	4	The glycemic index of a food measures: a) Vitamin content b) Effect on postprandial blood glucose c) Fat absorption rate d) Protein digestibility	K2	CO2
3	5	The most common test used for detection of HIV infection is: a) Widal test b) ELISA test c) Mantoux test d) ESR test	K1	CO3
	6	A high-protein, high-calorie diet is recommended in: a) Obesity b) Tuberculosis c) Allergy d) Hypertension	K2	CO3
4	7	The main dietary modification in hypertension is: a) High sodium intake b) Sodium restriction c) High fat intake d) Increased sugar intake	K1	CO4
	8	In renal failure, the intake of which nutrient should be restricted? a) Protein b) Carbohydrate c) Vitamin C d) Fat	K2	CO4
5	9	A diet low in fat and high in carbohydrates is recommended for: a) Cirrhosis b) Hepatic coma c) Peptic ulcer d) Constipation	K1	CO5
	10	The main objective of diet therapy in diarrhea is to: a) Reduce energy intake b) Maintain fluid and electrolyte balance c) Eliminate carbohydrates d) Increase roughage intake	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.	Discuss the role of a dietitian in patient guidance and counselling.	K 2	CO1
	(OR)			
	11.b.	Describe routine hospital diets with suitable examples.		
2	12.a.	Explain the etiology& diagnosis of obesity.	K 2	CO1
	(OR)			
	12.b.	Summarize on complications of diabetes mellitus.		
3	13.a.	Construct dietary management for a male patient with typhoid.	K 3	CO3
	(OR)			
	13.b.	Discuss on symptoms of AIDS and cancer.		
4	14.a.	Examine the role of diet in prevention and management of hypertension.	K 4	CO4
	(OR)			
	14.b.	Take part in dietary management of nephrotic syndrome.		
5	15.a.	Explain the principles of dietary management for hepatitis.	K 4	CO5
	(OR)			
	15.b.	Simplify dietary management for a person with liver diseases peptic ulcer.		

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	Explain the different types of hospital diets.	K 4	CO1
2	17	Examine the concept of glycemic index and its application in diabetic diet planning.	K 4	CO2
3	18	List the causes, symptoms & diagnosis of tuberculosis.	K 4	CO3
4	19	Explain the dietary management of cardiovascular diseases with emphasis on atherosclerosis.	K 4	CO4
5	20	Discuss on etiology, symptoms and diet therapy for diseases of gall bladder.	K 4	CO 5

Z-Z-Z END