


Name:			
Enrolment No:			
UPES End Semester Examination, May 2025			
Course: Therapeutic Nutrition I Program: M.Sc. Nutrition and Dietetics Course Code: HSND7019		Semester : II Duration : 3 Hours Max. Marks: 100	
Instructions:			
S. No.	Section A Short answer questions/ MCQ/T&F (20Qx1.5M= 30 Marks)	Marks	COs
Q 1	What is lactose intolerance?	1.5	CO1
Q 2	Mention one symptom of peptic ulcer.	1.5	CO1
Q 3	Write any one cause of constipation.	1.5	CO1
Q 4	Write one complication of enteral nutrition.	1.5	CO1
Q 5	What is dyspepsia?	1.5	CO1
Q 6	Mention one goitrogenic food.	1.5	CO1
Q 7	State True or False: PCOS patients should avoid high GI carbohydrates.	1.5	CO1
Q 8	Mention one iodine rich food.	1.5	CO1
Q 9	Define malabsorption syndrome.	1.5	CO1
Q 10	Name the hormone elevated in PCOS.	1.5	CO1
Q 11	What is a bland diet?	1.5	CO1
Q 12	Mention one symptom of gallstones.	1.5	CO1
Q 13	Name a mixed gland.	1.5	CO1
Q 14	Name two common foods considered as allergen.	1.5	CO1
Q 15	What is diverticulosis?	1.5	CO1
Q 16	What is Type I diabetes mellitus?	1.5	CO1
Q 17	Which microorganism is responsible for peptic ulcer?	1.5	CO1
Q 18	Give one example of chronic fever.	1.5	CO1
Q 19	Name the hormones secreted by the pancreas.	1.5	CO1
Q 20	What is first degree burn?	1.5	CO1

Section B (4Qx5M=20 Marks)			
Q 1	Write briefly on the medical nutrition therapy for burn injury.	5	CO2
Q 2	List dietary recommendations for managing hypothyroidism.	5	CO2
Q 3	Discuss the symptoms of liver cirrhosis.	5	CO2
Q 4	Define cholecystitis and cholelithiasis. Name two foods that should be avoided in cholecystitis.	5	CO2
Section C (2Qx15M=30 Marks)			
Q 1	Enumerate the symptoms and dietary management of peptic ulcer.	15	CO3
Q 2	Discuss the symptoms and dietary management of typhoid.	15	CO3
Section D (2Qx10M=20 Marks)			
Q 1	Case Study Ms. Rekha, 48 years old, has recently been diagnosed with Type 2 diabetes. Her BMI is 31 kg/m ² . Her fasting glucose is 145 mg/dL and postprandial glucose is 212 mg/dL. She has a sedentary lifestyle and enjoys sweets. Tasks: <ol style="list-style-type: none"> 1. Identify her nutritional risk factors. 2. Suggest three dietary modifications. 3. Provide a sample breakfast. 4. Mention two lifestyle interventions. 5. Discuss one possible complication if unmanaged. 	10	CO4
Q 2	Case Study: Rahul, a 21-year-old college student, reports passing loose stools 5–6 times a day for the past 2 days. He feels weak and complains of abdominal cramps and slight fever. He mentions eating street food before the symptoms began. On examinations, he is mildly dehydrated. Tasks: <ol style="list-style-type: none"> 1. What could be the possible cause of Rahul's symptoms? 2. Mention two signs of dehydration. 3. Suggest two dietary recommendations for acute diarrhea. 4. Name two foods that should be avoided. 5. Write one suitable fluid option to prevent dehydration. 	10	CO4