

Name:

Enrolment No:



UPES
End Semester Examination, May 2023

Course: Meal Planning
Program: B.Sc. Food Nutrition and Dietetics
Course Code: HSCC 3003
Instructions: Read all questions carefully.

Semester: V
Duration: 3 Hours
Max. Marks: 100

S. No.	Section A Short answer questions/ MCQ/T&F (20Qx1.5M= 30 Marks)	Marks	COs
Q 1	Cultural influence does not affect food choices a) True b) False	1.5	CO1
Q 2	A normal diet can be given to a patient suffering from a facial injury. a) True b) False	1.5	CO1
Q 3	Is Diabetes a gastrointestinal disease? a) True b) False	1.5	CO4
Q 4	Parenteral feeding is required to provide extra nutritional support if oral intake is adequate. a) True b) False	1.5	CO2
Q 5	EAR and RDA are the same. a) True b) False	1.5	CO3
Q 6	The Mediterranean diet is devoid of meat and meat products. a) True b) False	1.5	CO3
Q 7	Sustainable eating is not required to cope with climate change. a) True b) False	1.5	CO3
Q 8	High Fiber foods are beneficial for hypertensive patients. a) True b) False	1.5	CO4
Q 9	Vegetable-based diets are higher in AAAs and lower in BCAAs than meat-based diets. a) True b) False	1.5	CO3

Q 10	The vegan diet also comprises milk and milk products. a) True b) False	1.5	CO5
Q 11	Are eggs a high-biological value protein? a) True b) False	1.5	CO5
Q 12	What are semi-perishable foods?	1.5	CO3
Q 13	Enumerate the software used for nutrient analysis.	1.5	CO3
Q 14	Give any two food sources of Vit B 12.	1.5	CO4
Q 15	DASH stands for: -	1.5	CO3
Q 16	EAR stands for: -	1.5	CO4
Q 17	Protein required for an adult is.....grams/kg IBW	1.5	CO4
Q 18	How many carbohydrates is given by 1 exchange of pulse?	1.5	CO3
Q 19	4 exchanges of olive oil provide.....gm of fat.	1.5	CO2
Q 20	2 exchanges of jaggery provides.....gm of sugar.	1.5	CO3
Section B (4Qx5M=20 Marks)			
Q 1	Describe the GM Diet and state its advantages and disadvantages.	2 + 3	CO3
Q 2	Discuss the role of functional food with the help of suitable examples.	5	CO5
Q 3	Briefly outline the merits and demerits of intermittent fasting.	5	CO3
Q 4	Contextualize the myth of a vegetarian India.	5	CO2
Section C (2Qx15M=30 Marks)			
Q 1	Write down concepts and principles of diet therapy. Explain the types of therapeutic diets with their role and examples.	5+5+5	CO1
Q 2	What are the steps involved in the development of an exchange list? Formulate a detailed day menu for the DASH diet. (1500 Kcal and 50 gm protein)	5+10	CO3
Section D (2Qx10M=20 Marks)			
Q 1	Describe the gluten-free diet and discuss the dietary management of celiac patients.	5+5	CO3
Q 2	Discuss the various food-based dietary guidelines used globally.	10	CO4