UNIVERSITY OF PETROLEUM AND ENERGY STUDIES
End Semester Examination, May 2021

Course: Dietary Management in Advanced Diseases   **Semester:** II
Program: M.Sc. (N&D)   **Time:** 03 hrs.
Course Code: **Max. Marks: 100**

Instructions: Read question carefully.

SECTION A			
S. No.	MCQ's /Fill in the blanks/ T&F (1.5 marks each)	**30 Marks**	**CO**
1	Anemia is a common condition. What happens when a person has anemia? A. The body produces too much iron B. The blood does not have enough red blood cells C. The blood becomes thick D. Too many white blood cells are produced	**1.5**	**CO1**
2	What is the definition of overweight? A. BMI > 25 kg/m2 B. BMI = 25 kg/m2 C. BMI 25-29.9 kg/m2 D. BMI 25-30 kg/m2	**1.5**	**CO1**
3	How does anemia affect the body? A. The blood doesn't deliver enough oxygen to the body B. Blood becomes thin C. Tissues retain fluids D. None of the above	**1.5**	**CO1**
4	What is leptin resistance? A. Deficiency of leptin caused by a mutation in the leptin gene B. Lack of leptin release from the adipose tissue C. High concentrations of leptin without reduction in energy intake D. Low concentrations of leptin with increased energy intake	**1.5**	**CO1**
5	What does the liver do to help digestion? A. Makes important enzymes B. Neutralizes stomach acid C. Produces bile D. Regulates insulin	**1.5**	**CO1**
6	Which of these can cause heartburn? A. Being overweight B. Lying down soon after eating a large meal C. Eating high-fat foods D. All of the above	**1.5**	**CO1**
7	A lack of which of these will result in abnormally large red blood cells and a condition called megaloblastic anemia? A. Oxygen B. Vitamin C C. Vitamin B-12 and folic acid D. Carbon dioxide	**1.5**	**CO1**
8	Eating 5 or more servings of fruits and vegetables each day may lower your cancer risk. A. True B. False	**1.5**	**CO1**

9	Which of these best maintains intestinal health? A. Starches B. Vitamins C. Fiber D. Fat	1.5	CO1
10	An overweight person with high blood pressure should follow a low-sodium diet and try to lose weight. A. True B. False	1.5	CO3
11	Where does most of the digestive process take place? A. Small intestine B. Large intestine C. Stomach D. All of the above	1.5	CO3
12	Should you weigh yourself often? A. Yes, it really helps. B. No, it's too upsetting. C. It doesn't matter.	1.5	CO4
13	Among the following traits, which plays the greatest roll in the potential for obesity? A. Gender B. Heredity C. Lifestyle D. Age	1.5	CO1
14	Which of these best maintains intestinal health? A. Starches B. Vitamins C. Fiber D. Fat	1.5	CO4
15	Optimal body fat for health and fitness for men is: A. 10-20%. B. 20-30%. C. 30-40% D. 5-10%.	1.5	CO3

16	A healthy weight loss program should emphasize all of the following EXCEPT: A. A reduced-calorie diet that is high in complex carbohydrates and low in fat. B. Behaviour modification aimed at changing bad eating habits. C. A high-protein, low-carbohydrate diet. D. An exercise program.	1.5	CO3
17	Which of these factors increases the risk for cancer of the oesophagus? A. Processed meat B. Fruit and vegetables C. Salt D. Alcohol	1.5	CO2
18	Which of these can cause heartburn? A. Being overweight B. Lying down soon after eating a large meal C. Eating high-fat foods D. All of the above	1.5	CO2
19	Skipping meals is a good way to cut down on calories. A. True B. False	1.5	CO4
20	How does iron-deficiency anemia affect teenagers? A. More trouble with written expression B. Can't concentrate C. Aggravates hyperactivity D. A and B	1.5	CO3
	SECTION B (5 marks each question)		
Q	Short Answer Type Question (5 marks each) Scan and Upload 4 questions 5 marks. Word limit (100-120)	**20 Marks**	**CO**
1	What is Carbohydrate-insulin theory for weight loss? How it's different from energy balance theory of weight loss?	5 (3+2)	CO4

2	Briefly describe the stages of iron deficiency anemia.	**5**	**CO1**
3	Write the dietary guideline to manage ulcerative colitis.	**5**	**CO2**
4	Write the role of fast and junk food in causing multiple types of cancers.	**5**	**CO3**

SECTION C 30 marks

Q	**Two case studies 15 marks each subsections**	**30 Marks**	**CO**
1	A. Write weight loss dietary requirement and dietary guidelines for a patient aged 45 years, male, sedentary B. Make a diet plan for the same	**5+10**	**CO1**
2	Make a detailed diet plan along with nutritional recommendation for a pregnant anemic woman aged 30 years at her 2nd trimester	**15**	**CO2**

SECTION D 20 marks

Q	**Long Answer type Questions Scan and Upload (10 marks each) Word limit 200-250**	**20 Marks**	**CO**
1	Describe types of body fats and their benefits, risks and function in obesity or body fat percentage	**6+8+8**	**CO1**
2	What is iron deficiency anemia? What are the aetiology and how to diagnose?	**5+5+10**	**CO2**