

Name:

Enrolment No:



**UPES**

**End Semester Examination, December 2023**

**Course: Meal Planning in Special Condition**

**Semester : 5<sup>th</sup>**

**Program: Integrated BSc MSc Nutrition and Dietetics**

**Duration : 3 Hours**

**Course Code: HSND3008**

**Max. Marks: 100**

**Instructions: Carefully read all questions**

<b>S. No.</b>	<b>Section A</b> <b>Short answer questions/ MCQ/T&amp;F</b> <b>(20Qx1.5M= 30 Marks)</b>	<b>Marks</b>	<b>COs</b>
<b>Q1</b>	Choose the incorrect statement about BMR out of the following. A. BMR is directly related to age. B. BMR is increased in warm climate. C. BMR is directly related to physical activity. D. Males have high BMR than age matched females.	<b>1.5</b>	<b>CO1</b>
<b>Q2</b>	When the food is directly given via the veins, it is called.....nutrition. A. parenteral B. enteral C. intravenous D. saline	<b>1.5</b>	<b>CO2</b>
<b>Q3</b>	In case of post-surgical complications, what should be taken in place of protein. A. Triglycerides B. Essential amino acids C. Vitamin K D. Vitamin E	<b>1.5</b>	<b>CO1</b>
<b>Q4</b>	Which of the following has the highest glycemic index? A. Ice cream B. Cucumber C. Bread D. Banana	<b>1.5</b>	<b>CO3</b>
<b>Q5</b>	When food is given directly via the stomach or intestine then it is called ..... nutrition. A. Parenteral B. Enteral C. Intravenous D. Saline	<b>1.5</b>	<b>CO1</b>

<b>Q6</b>	Physical measurements that can be compared to standards to reveal the nutritional status, growth, and health of an individual is called..... A. anthropometric measurement. B. biochemical test. C. clinical test. D. nutritional test.	<b>1.5</b>	<b>CO2</b>
<b>Q7</b>	Which of the following is strong dietary intervention for NIDDM patients? A. Low sodium, high fiber, and low cholesterol B. High fiber, low fat, and low sugar C. Low carbohydrate, low fat, and high protein, D. High protein, high fiber, low cholesterol, and low sodium.	<b>1.5</b>	<b>CO4</b>
<b>Q8</b>	A sharp increase in postprandial blood glucose concentration that increases rapidly is called..... A. low GI food. B. high GI food. C. moderate GI food. D. functional food.	<b>1.5</b>	<b>CO2</b>
<b>Q9</b>	.....is a disease, that occurs when plaque builds up inside arteries. A. Cardiac arrest B. Atherosclerosis C. Stroke D. Hypertension	<b>1.5</b>	<b>CO1</b>
<b>Q10</b>	A diet containing no solid particles in food is called .... A. soft diet. B. bland diet. C. liquid diet. D. solid diet.	<b>1.5</b>	<b>CO1</b>
<b>Q11</b>	Which one of the following is a low fiber diet? A. Bread cutlet B. Noodles C. Puddings D. Poha	<b>1.5</b>	<b>CO1</b>
<b>Q12</b>	Balanced diet needs to be achieved by..... A. High calorie diet. B. Variety of nutritious diet. C. High mineral diet. D. Processed diet.	<b>1.5</b>	<b>CO1</b>
<b>Q13</b>	Dietary goal in meal planning is.... A. achievement of adequacy in all nutrients. B. to fulfill a daily requirement. C. to achieve ideal body weight. D. to achieve perfect body shape.	<b>1.5</b>	<b>CO1</b>
<b>Q14</b>	..... triangle diagram, representing the optimal number serving to be eaten each day from each food group.	<b>1.5</b>	<b>CO1</b>

	A. Balanced diet B. Food Pyramid C. Food balanced sheet D. Dietary goal		
<b>Q15</b>	Neha is a 5 feet 4-inch-tall girl with a weight of 56 kg, calculate her IBW and BMI. A. IBW 51 kg and BMI 20.1 B. IBW 49 kg and BMI 18.5 C. IBW 55.5 kg and BMI 21.3 D. IBW 58 kg and BMI 23.1	<b>1.5</b>	<b>CO1</b>
<b>Q16</b>	Calculate the total calories of one cup of hot tea and whole milk. A. 125 kcal and 85 kcal B. 143 kcal and 88 kcal C. 177 kcal86 kcal D. 122 kcal 87 kcal	<b>1.5</b>	<b>CO1</b>
<b>Q17</b>	Average vitamin B12 requirement in infant is ..... A. 1.4 microgram B. 1microgram C. 1.6 microgram D. 1.2 microgram	<b>1.5</b>	<b>CO1</b>
<b>Q18</b>	What are the two effective dietary guidelines for Irritable bowel disease?	<b>1.5</b>	<b>CO5</b>
<b>Q19</b>	Define weaning food.	<b>1.5</b>	<b>CO1</b>
<b>Q20</b>	What is Geriatric food?	<b>1.5</b>	<b>CO1</b>
<b>Section B</b> <b>(4Qx5M=20 Marks)</b>			
<b>Q1</b>	Explain the concept of therapeutic modification of diet.	<b>5</b>	<b>CO1</b>
<b>Q2</b>	Discuss and draw the food pyramid with the dietary guidelines.	<b>5</b>	<b>CO5</b>
<b>Q3</b>	Describe the ratio and proportion of lunch for toddlers.	<b>5</b>	<b>CO1</b>
<b>Q4</b>	Illustrate food allergy. Enlist the common food avoided for food allergic patient.	<b>5</b>	<b>CO1</b>
<b>Section C</b> <b>(2Qx15M=30 Marks)</b>			
<b>Q 1</b>	Plan a low-calorie diet for overweight female aged 47, height 5feet 2inch. Calculate her BMI and daily caloric requirement.	<b>15</b>	<b>CO3</b>
<b>Q 2</b>	Calculate a lunch pack diet for toddler based on RDA 2023.	<b>15</b>	<b>CO4</b>
<b>Section D</b> <b>(2Qx10M=20 Marks)</b>			
<b>Q 1</b>	Explain complications of gastro-intestinal disease with dietary treatment.	<b>10</b>	<b>CO2</b>

<b>Q 2</b>	Discuss the pathophysiology of renal disease and plan a meal for male renal disease patient aged 28-year with a height 5 feet 7 inch.	<b>10</b>	<b>CO1</b>
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