

ROLL No.....

NATIONAL COUNCIL FOR HOTEL MANAGEMENT  
AND CATERING TECHNOLOGY, NOIDA  
**ACADEMIC YEAR – 2015-2016**

COURSE : 1<sup>st</sup> Semester of Post Graduate Diploma in  
Dietetics & Hospital Food Service  
SUBJECT : Nutritional Perspective in Community - I  
TIME ALLOWED : 03 Hours MAX. MARKS: 100

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(Marks allotted to each question are given in brackets)

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- Q.1. Explain Primary HealthCare Services dispensation in India. (10)
- Q.2. (a) Elaborate on “Alma Ata Declaration”.  
(b) Explain Demographic Transition. (5+5=10)
- Q.3. (a) Meal planning involves decision making. Elaborate on essentials of meal planning.  
(b) List and explain the factors to be considered for determining one serving portion of different food preparations. (8+2=10)
- Q.4. Explain the biological methods for evaluating quality of protein. (10)
- Q.5. Enumerate:  
(a) Factors which affect protein quality.  
(b) Digestibility co-efficient. (6+4=10)

**OR**

- Enumerate:  
(i) Chemical score  
(ii) Role of community nutritionist  
(iii) Resistant starch (4+3+3=10)
- Q.6. Give diet and feeding patterns of **any two**:  
(a) Elderly (b) Adolescence (c) Lactating mother (2x5=10)

- Q.7. (a) Discuss the physiological changes which occur during pregnancy.  
 (b) Discuss the nutritional needs and dietary modifications suggested during pregnancy.

**OR**

- (a) Discuss the changes associated with ageing.  
 (b) Discuss the nutritional needs and dietary modifications suggested during lactation.

(5+5=10)

- Q.8. Briefly explain digestion and absorption of:

- (a) Carbohydrates (b) Fats

**OR**

- (a) Physiological effects of dietary fibre (b) Digestion and absorption of proteins.

(5+5=10)

- Q.9. Explain the following in 2-3 lines:

- |               |                            |                       |
|---------------|----------------------------|-----------------------|
| (a) Community | (b) Reference Indian Woman | (c) Growth monitoring |
| (d) EFA       | (e) Complimentary feeding  | (f) Polysaccharide    |
| (g) SFA       | (h) Glycemic index         | (i) One serving       |
| (j) BMR       |                            |                       |

(10x1=10)

- Q.10. **A** Fill in the blanks:

- (a) One serving of green leafy vegetables is \_\_\_\_\_ grams.  
 (b) Energy requirement of adult man involved in moderate activity is \_\_\_\_\_.  
 (c) \_\_\_\_\_ is a branch of medicine dealing with health problems of elderly.  
 (d) Requirements of water soluble vitamins is established by \_\_\_\_\_ studies.  
 (e) On an average, one fruit exchange provides \_\_\_\_\_ grams of carbohydrate.

- B** Match the following:

- |                      |                                     |
|----------------------|-------------------------------------|
| (a) Zein             | (i) L-cells of islets of Langerhans |
| (b) Methionine       | (ii) Lactation                      |
| (c) Dextrose         | (iii) Incomplete protein            |
| (d) Glucagon         | (iv) Pregnancy                      |
| (e) Prolactin reflex | (v) Essential amino acid            |
|                      | (vi) Glucose                        |

(5+5=10)

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