

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

COURSE : 1st Semester of Post Graduate Diploma in Dietetics & Hospital Food Service
SUBJECT : Therapeutic Dietetics - I
TIME ALLOWED : 03 Hours MAX. MARKS: 100

(Marks allotted to each question are given in brackets)

Q.1. What is the Nutrition Care Process? Briefly explain the significance of assessment of nutritional status and evaluation of the process.

(10)

Q.2. (a) How is a therapeutic diet different from a normal diet?
(b) What kind of dietary adaptations can be made to meet the therapeutic requirements? Give suitable examples.

(5+5=10)

Q.3. Discuss the role of a dietician in nutrition and health care. Highlight the different areas of specialisation of dieticians.

OR

What are the various special feeding methods? Discuss **any three** enteral feeds and their specific characteristics.

(10)

Q.4. Briefly discuss the pathophysiology of coronary heart disease. Discuss the dietary and lifestyle related preventive measures for control of CHDs (Coronary Heart Diseases)

OR

Discuss briefly the etiology and Nutritional Management of Atherosclerosis.

(10)

Q.5. Write short notes on **any two**:

- (i) Oral glucose tolerance test.
- (ii) Soluble and insoluble fibre – their benefits in controlling heart disease.
- (iii) Acute complications of diabetes.

(2x5=10)

Q.6. Differentiate between the following:

- (a) Primary Hypertension and Secondary Hypertension.
- (b) Overweight and obesity.
- (c) Enteral feed and parenteral feed.
- (d) Acute fever and chronic fever.
- (e) Low density Lipoproteins and high density Lipoproteins.

(5x2=10)

Q.7. Give the salient features of the diet you would prescribe in **any two** of the following diseases:

- | | | |
|-------------------|----------------------------------|------------------|
| (a) Enteric fever | (b) Chronic fever – Tuberculosis | (c) Hypertension |
|-------------------|----------------------------------|------------------|

(2x5=10)

Q.8. Discuss the nutritional management of diabetes mellitus, with special emphasis on distribution of energy in terms of carbohydrates, proteins and fats, feeding pattern and the goods to be restricted.

OR

What are the various kinds of diabetes? Discuss the nutritional interventions for an underweight person.

(10)

Q.9. Mr. Mohan is an obese, sedentary Bank Manager. He wants to lose weight. What dietary goals will you set for him along with dietary advice with suitable life style modifications.

OR

What are the various lipoproteins present in the blood? Suggest suitable measures to prevent hypertension.

(10)

Q.10. **A** List **any two** low glycemic index and two high glycemic index foods, along with their glycemic index. Which food is used as a reference food for measuring glycemic index?

B Fill in the blanks:

- (a) _____ is the first step in the nutrition care process.
- (b) The centric fat distribution, more towards the abdominal and waist area refers to as _____ obesity.
- (c) The BMI range for normal weight is _____.
- (d) An overweight sedentary individual requires _____ kcal/kg ideal body weight.
- (e) Under mild sodium restriction, _____ mg. of sodium can be recommended.

(5+5=10)
