

**P.G. Diploma in Dietetics and Therapeutic Nutrition**  
**Annual Examinations – 2006**

**Paper PTND – 102**  
**Diet therapy and applied nutrition**

Time allowed: Three hours

Maximum Marks: 70

1. Attempt all questions from Section I.
2. Attempt any six questions from Section II.
3. Attempt any two questions from Section III

**SECTION – I**

Marks

1. Fill in the blanks

1X20=20

- a) Vitamin \_\_\_\_ helps in the absorption of Calcium and Phosphorus.
- b) The islets of Langerhans are destroyed in type \_\_\_\_ of Diabetes mellitus.
- c) Crohn's disease is marked by chronic inflammation of the \_\_\_\_\_.
- d) The mother's milk is rich in \_\_\_\_\_ that builds and strengthen the baby's \_\_\_\_\_ system.
- e) During pregnancy body requires \_\_\_\_\_ Kcal of energy per day.
- f) During digestion all carbohydrates are broken into \_\_\_\_\_, which is the body's primary energy source.
- g) Iron is an essential component of \_\_\_\_\_ that supplies oxygen to cells of human body.
- h) Vitamin B complex are found in \_\_\_\_\_.
- i) Vitamin \_\_\_\_\_ is found in vegetable oils and whole grains.
- j) Proper ranges of \_\_\_\_\_ are important in the prevention of heart attack's or stroke.
- k) Celiac disease is a disease of intestine that is associated with deficient \_\_\_\_\_ of food.
- l) 1 gram of CHO = \_\_\_\_\_ Kcal
- m) Wilson's disease is an inherited disorder of \_\_\_\_\_.
- n) Proteins are polymers of \_\_\_\_\_.
- o) 1 gram of fat gives \_\_\_\_\_ Kcal.
- p) \_\_\_\_\_ are the best source of Vitamin 'C'.
- q) \_\_\_\_\_ is the important component thyroid hormone.
- r) If blood glucose levels go too high \_\_\_\_\_ hormone is released.
- s) \_\_\_\_\_ is the most common type of arthritis.
- t) Overweight & obese individuals whose BMI is above \_\_\_\_\_ are at increased risk of various physical ailments.

## SECTION – II

Q2. Attempt any six of the following

5X6=30

- i) Enumerate the functions of proteins in our body.
- ii) Write down the functions and food sources of Vitamin 'C'.
- iii) Explain the digestion and metabolism of fats and cholesterol.
- iv) What are the two types of seizures? Write sign and symptoms of febrile seizures.
- v) What are the complications of Diabetes mellitus?
- vi) Which Vitamins are required for proper functioning of liver and eyes?
- vii) Describe the advantages of breast feeding.
- viii) Write brief note on 'Role of fibers in Diet'.

## SECTION – III

Attempt any two questions of the following

10X2=20

- i) What is ketogenic diet and where is it applied? What is the role of Diet in Health?
- ii) What are the factors affecting diet and write some important tips to maintain Healthy diet.
- iii) Explain the old age disorders and nutrition intervention guidelines for osteoporosis.