

**B.Sc (Hons) FNS Semester-6 Examination****FNS 321****Therapeutic Nutrition & Diet Therapy-II****Time : 2-30 Hours]****April-2024****[Max. Marks : 70**

**Instructions:** Illustrate your answers with neat diagrams wherever necessary.

**Q. 1 Write the following**

(i) Define the term "Obesity" and "Overweight". Give the classification of obesity based on BMI. Also explain the complications of obesity. **(7 Marks)**

(ii) Define Bulimia Nervosa? Describe its diagnostic criteria, symptoms and treatment in detail. **(7 Marks)**

**OR**

(i) Write in detail about the management of obesity. **(7 Marks)**

(ii) Define Underweight. Give its classification. Describe the aetiology and dietary modifications in underweight. **(7 Marks)**

**Q.2 Write the following**

(i) Describe the etiological factors for type 1 and type 2 diabetes. **(7 Marks)**

(ii) What is OGTT? Explain the diagnostic criteria for diabetes mellitus. **(7 Marks)**

**OR**

(i) Describe the procedure of calculating carbohydrate and insulin dose in type 1 diabetes with a suitable example. **(7 Marks)**

(ii) Write a detailed note on complications of uncontrolled diabetes. **(7 Marks)**

**Q. 3 Write the following**

(i) Write a note on cardiovascular disease prevention and management strategies, highlighting the role of dietary modification. **(7 Marks)**

(ii) What are the various approaches used in the management of Hypertension? Discuss the dietary guidelines as observed in the DASH diet. **(7 Marks)**

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**OR**

- (i) With the help of a schematic diagram, discuss in detail the development of atherosclerosis. (7 Marks)
- (ii) Define hypertension. Write a note on essential and secondary hypertension. (7 Marks)

**Q. 4 Write the following**

- (i) Write down the nutritional management of cancer. (7 Marks)
- (ii) Define acute COPD. Describe the etiological factors in detail. (7 Marks)

**OR**

- (i) Write down a brief note about factors enhancing carcinogenesis process. (7 Marks)
- (ii) Explain the objectives and dietary advice in medical nutrition therapy in chronic COPD. (7 Marks)

**Q. 5 Attempt any seven out of twelve (14 Marks)**

- (i) Explain weight cycling?
- (ii) What is Binge eating disorder?
- (iii) Explain Ponderal Index.
- (iv) Define hyperlipidemia. What are the various types of hyperlipidemia?
- (v) Define congestive heart failure and cerebrovascular stroke.
- (vi) What is Sarcoma?
- (vii) Define metabolic syndrome.
- (viii) Discuss the various kinds of salt restriction in hypertension. Why do you think salt restriction is important in managing hypertension?
- (ix) What is insulin resistance?
- (x) What is diabetic ketoacidosis?
- (xi) How many phases are there in carcinogenesis process? Describe the phases.
- (xii) Write down the main categories of cancer.

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