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**1205E570**

Candidate's Seat No: \_\_\_\_\_

**B.Sc. (Hons) FNS Sem.6 Examination  
FNS 321  
Therapeutic Nutrition & Diet Therapy-2**

**Time : 2-30 Hours]**

**May-2025**

**[ Max. Marks : 70**

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

**Q. 1 Write the following**

- (i) Write a note on nutritional management of obesity along with its diet & feeding pattern? (7 Marks)
- (ii) Discuss anorexia nervosa & bulimia nervosa. (7 Marks)

**OR**

- (i) Describe problems in weight management. (7 Marks)
- (ii) Write a note on nutritional management of underweight? (7 Marks)

**Q. 2 Write the following**

- (i) Define Diabetes. Enlist different types of diabetes and explain any one detail. (7 Marks)
- (ii) Explain the metabolic changes occurs in diabetes. (7 Marks)

**OR**

- (i) Explain long term and short term complications of diabetes. (7 Marks)
- (ii) Write a detailed note on types of insulin. (7 Marks)

**Q. 3 Write the following**

- (i) What are the various approaches used in the management of Hypertension? (7 Marks)  
Discuss the dietary guidelines as observed in the DASH diet.
- (ii) Discuss the five major disorders implicated with the highest morbidity & mortality under cardiovascular diseases. (7 Marks)

(P.T.O)

OR

- (i) "Obesity is at the root cause of all Non-communicable diseases". Do you agree (7 Marks)  
with this statement? Explain with suitable reasons.
- (ii) With the help of a schematic diagram, discuss in detail the development of (7 Marks)  
atherosclerosis.

**Q. 4 Write the following**

- (i) Discuss the multi-tiered antioxidant defense system employed by the human body (7 Marks)  
to counteract oxidative stress. Describe the primary mechanisms involved in each  
line of defense: prevention, enzymatic inactivation, and non-enzymatic  
scavenging.
- (ii) What is chemoprevention in cancer? Explain with examples how nutritional and (7 Marks)  
pharmacological interventions are being employed in cancer prevention strategies.

OR

- (i) Compare and contrast acute respiratory infections (ARIs) and chronic obstructive (7 Marks)  
pulmonary diseases (COPDs) in terms of etiology, clinical features, and public  
health impact.
- (ii) Discuss the impact of cancer and its treatment (chemotherapy, radiation, (7 Marks)  
immunotherapy, and surgery) on nutritional status and dietary management of  
cancer patients.

**Q 5. Attempt any seven out of twelve**

(14 Marks)

- (i) Define hyperlipidaemia. What are the various types of hyperlipidaemia?  
(ii) Define metabolic syndrome.  
(iii) Define homocysteinemia. How does high homocysteine in blood contribute to  
atherosclerosis?  
(iv) What is meant by metastasis in cancer development?  
(v) What are heterocyclic amines (HCAs) and how are they linked to cancer?  
(vi) What are the two main pathological entities encompassed by COPD?  
(vii) give any three health hazards of being underweight?  
(viii) describe any two extreme approaches to weight loss?  
(ix) If a person has to lose 4kgs in a month then how much calories should restricted per day?  
(x) Explain IC ratio.  
(xi) What is diabetic nephropathy ?  
(xii) Symptoms of diabetes.
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