

**Roll No.**

**Total No. of Pages : 02**

**Total No. of Questions : 09**

**B.Sc. Hons. (N&D) (Sem.-3)**

## NORMAL AND THERAPEUTIC NUTRITION

**Subject Code : BSND-211-18**

**M.Code : 78539**

**Date of Examination : 19-12-22**

**Time : 3 Hrs.**

**Max. Marks : 60**

**INSTRUCTIONS TO CANDIDATES :**

1. **SECTION-A is COMPULSORY consisting of TEN questions carrying TWO marks each.**
2. **SECTION-B contains FIVE questions carrying FIVE marks each and students have to attempt any FOUR questions.**
3. **SECTION-C contains THREE questions carrying TEN marks each and students have to attempt any TWO questions.**

## SECTION-A

**1) Write briefly :**

- a) Define the term nutrition.
- b) What is RDA?
- c) What is therapeutic diet?
- d) Complications of obesity.
- e) Define DASH diet.
- f) What is atherosclerosis?
- g) Define fever.
- h) Give the objectives of dietary management in Cardiac patients.
- i) What do you mean by term 'puberty'?
- j) Define lactose intolerance.

## **SECTION- B**

2. What are the nutritional requirements and physiological changes occur during pregnancy?
3. Describe various nutrition related problems common among the elderly by giving suitable reasons.
4. What is Balanced Diet? Give its importance.
5. Differentiate between normal and artificial feeding.
6. Discuss the role of diet in prevention of heart disease.

## **SECTION - C**

7. Define meal planning and what are the factors to be considered in meal planning?
8. Define obesity. Discuss its causes, symptoms and dietary management.
9. Discuss the growth and development during :
  - a) Childhood
  - b) Adolescence.

**NOTE : Disclosure of Identity by writing Mobile No. or Making of passing request on any page of Answer Sheet will lead to UMC against the Student.**