

**SNDT Women's University**  
**Centre For Distance and Online Education**

<b>Day &amp; Date</b>	<b>Subject Name and Code</b>	<b>Time</b>	<b>Marks</b>
09/05/2024 Thursday	Certificate Course in Basics of Diet Therapy 122005	11.00 AM To 02:00 PM	100

**Q. 1 Write the functions for the given Nutrients: (Any 3)**

**3 X 3 = 09 Marks**

1. Protein
2. Carbohydrate
3. Vitamin A
4. Calcium
5. Vitamin C

**Q. 2 Justify the following (Any 3)**

**3 X 3 = 09 Marks**

1.
  - a. Liberal fluid intake (around 3 liters per day) is essential for kidney stones/ renal calculi.
  - b. Apart from water intake list two items that you will suggest to increase the fluid intake for someone with calcium oxalate Stone.
2.
  - a. Vegetables and fruits intake should be increased in Constipation
  - b. List two high fiber breakfast recipes for constipation patient.
3.
  - a. High protein High calorie diet should be given to underweight individuals.
  - b. List two High protein High calorie snacks for a sixteen year old underweight boy.
4.
  - a. Consumption of Papad, Pickle, cheese, sauces should be avoided in Hypertension.
  - b. Suggest three tips on how to reduce sodium intake to a hypertensive patient.

**Q.3 A) Give two food sources for the given nutrient (Any three)**

**1 x 5= 05 Marks**

1. Protein
2. Vitamin C
3. Vitamin A
4. Iron
5. Calcium
6. Vitamin D
7. Carbohydrates

**B) Name the deficiency disease for the given nutrient (Any three)**

**1 x = 05 Marks**

1. Carbohydrate
2. Thiamine
3. Iodine
4. Vitamin C
5. Niacin
6. Iron
7. Vitamin A

**Q.4 Write Short notes on (Any Four)**

**3 X 4= 12 Marks**

1. Peptic ulcer
2. Hypertension
3. Role of exercise in diabetes.
4. Factors affecting BMR
5. Types, sources and functions of Dietary fiber

**Q. 5 A) Attempt any five from the following questions**

**8 X 5= 40 Marks**

1. Dietary modification for fever.
2. Dietary modification for hyperlipidemia.
3. Dietary Modification for Type 2 Diabetes.
4. Diet plan for High protein High Calorie diet
5. Write in brief practical suggestion for overweight/ obesity.
6. Write in brief practical suggestion for Underweight.
7. Write down dietary Consideration for diarrhoea and give sample menu for diarrhoea.

**B) Draw and label food pyramid define balanced diet & explain in detail the points to be considered while planning a balanced diet.**

**1 X 6= 6 Marks**

**Q. 6 A) Answer the following.**

**1. Give the recommended Dietary Allowance (RDA) for Energy and Protein for: (3)**

- a. Sedentary women
- b. Heavy working Men
- c. Moderate Women

**2. Calculate the BMI (2)**

- a. Height: 163 weight 82 kg
- b. Height: 175 cm weight 64 kg

**3. Covert the following: (1)**

- a. 77kg = \_\_\_\_\_ pounds(lbs)

**4. Calculate the following**

- a. 8 servings of oil = \_\_\_\_\_ ml. (3)
- b. 2 servings of Rice = \_\_\_\_\_ gms
- c. 3 Servings of groundnut = \_\_\_\_\_ gms

**5.Planning of exchange list for Moderate working men(5)**

**XXXXXXXXXXXXXXXXXXXXXXXXX All the best XXXXXXXXXXXXXXXXXXXXXXXXXXXX**