

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI – 600 086
(For candidates admitted during the academic year 2011-12 and thereafter)
SUBJECT CODE: 11ZL/GE/ND44
B.A/B.Sc/B.Com/ B.S.W/B.V.A DEGREE EXAMINATION, APRIL - 2015

COURSE: GENERAL ELECTIVE
PAPER: NUTRITION AND DIET THERAPY

TIME: 3 HOURS
MAX.MARKS:100

SECTION-A

ANSWER ALL QUESTIONS.

(10 x 4 = 40)

1. Comment on Kwashiorkor and Marasmus.
2. Expand the following:
 - a. PEM
 - b. HTST
 - c. ECF
 - d. SFA
3. Write a note on nutrigenomics.
4. What is Pasteurization?
5. Define food allergy.
6. Associate the disease with the deficiency:
 - a. Scurvy
 - b. Goitre
 - c. Pellagra
 - d. Beriberi
7. What are the following?
 - a. Osteoporosis
 - b. Hypertension
8. What are the two types of *Diabetes mellitus*?
9. What is the significance of the hormones leptin and grelin?
10. What is food safety? Add a note on cross contamination.

SECTION-B

ANSWER ANY FIVE QUESTIONS.

(5 x 6 = 30)

11. What are the factors and hazards of overweight and obesity?
12. Give an account on iron deficiency and its significance in nutrition.
13. With a flow chart, explain the methods of food preservation.
14. Write a note on the concept of food acceptance during illness.
15. Describe the objective methods of sensory evaluation.
16. Write a note on therapeutic diets and their significance.
17. Give an account on fat soluble vitamins and the related deficiency diseases.

SECTION-C

ANSWER ANY TWO QUESTIONS

(2 x 15 = 30)

18. Highlight the importance of personal hygiene in food handling and preparation.
19. Give a detailed account on the eating disorders with reference to causes, symptoms and control.
20. Explain food adulteration. Write a note on the different tests for adulterated food.
21. What are the dietary sources and functions of proteins, carbohydrates and fats? Add a note on balanced diet.
