

NATIONAL COUNCIL FOR HOTEL MANAGEMENT
AND CATERING TECHNOLOGY, NOIDA
ACADEMIC YEAR – 2014-2015

COURSE : 1st Semester of Post Graduate Diploma in
Dietetics & Hospital Food Service
SUBJECT : Therapeutic Dietetics - I
TIME ALLOWED : 03 Hours MAX. MARKS: 100

(Marks allotted to each question are given in brackets)

Q.1. Discuss briefly the various steps involved in the nutritional care process.

OR

What are the different kinds of diets given in a hospital? Explain briefly with suitable examples.

(10)

Q.2. Discuss the dietary principles and dietary management of enteric fever (typhoid).

(10)

Q.3. Discuss the various risk factors of cardiovascular diseases.

OR

What is the Nutritional Management of a patient who is suffering from hypertension?

(10)

Q.4. Discuss the dietary management of an adolescent with Type-I diabetes.

(10)

Q.5. Discuss the diet and feeding pattern for a patient suffering from chronic fever (Tuberculosis).

OR

Discuss the Nutritional Management of Atherosclerosis.

(10)

Q.6. What dietary advice will you give to an obese school teacher having a BMI of 30, highlighting the life-style modifications?

(10)

Q.7. Explain briefly **any two** of the following:

- (a) Blenderized Enteral Formulas
- (b) Metabolic changes during infections.
- (c) Mechanical Soft Diet

(2x5=10)

Q.8. Write short notes on **any two** of the following:

- (a) Health hazards of obesity.
- (b) Nutritional Management of Dyslipidemia.
- (c) Nutritional Management of HIV/AIDS

(2x5=10)

Q.9. Explain the following in 2-3 sentences:

- (a) Malnutrition
- (b) Health
- (c) Plateau effect during weight reduction
- (d) Glycemic Index
- (e) Body Mass Index

(5x2=10)

Q.10. Differentiate between the following:

- (a) TPN and PPN
- (b) Type I and Type II diabetes
- (c) Acute infection and chronic infection
- (d) W₆ and W₃ fatty acids
- (e) Android and gynoid obesity

(5x2=10)
