

Roll No.

Total No. of Pages : 02

Total No. of Questions : 09

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

NORMAL AND THERAPEUTIC NUTRITION

Subject Code : BSND-211-18

M.Code : 78539

Date of Examination : 25-11-2024

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. Health
 - b. Nutrition
 - c. Exchange list
 - d. Full form of NG tube and PEG
 - e. Why does iron requirement increases in pregnancy?
 - f. Weaning
 - g. Full form of GERD
 - h. List the Causes of diarrhoea
 - i. Hypoglycemia
 - j. Gluten

SECTION-B

2. Discuss the factors affecting meal planning.
3. Throw a light on the nutritional requirements of a lactating lady?
4. Write a note on symptoms and dietary management of a patient suffering acute fever.
5. Ram has acute pain in his gut when he has taken wheat. What could be the issue? Discuss.
6. **Write a note on any ONE:**
 - a. Parental nutrition as a mode of feeding
 - b. Normal methods of feeding

SECTION-C

7. Write notes on:
 - a. Bottle feeding vs breast feeding
 - b. Complimentary feeding
8. Discuss the development, food habits and nutritional requirements of an adolescent girl?
9. Write a detailed note on causes, symptoms and dietary management of *any ONE*:
 - a. Hypertension
 - b. Diabetes

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B.Sc. (Nutrition and Dietetics) (Sem.-3)

NUTRACEUTICALS, FUNCTIONAL FOODS & NUTRIGENOMICS

Subject Code : BSND-217-18

M.Code : 78545

Date of Examination : 28-11-2024

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. Peptides
 - b. Polyphenols
 - c. Oats as a functional food
 - d. Prebiotics
 - e. Any FOUR food sources of omega 3 fatty acids
 - f. Functional foods
 - g. Epi genetics
 - h. Nutraceuticals for cancer
 - i. Genetics
 - j. Amino acids

SECTION-B

2. What do you understand by functional foods? Classify them.
3. Discuss the effects of processing and storage on functional foods.
4. Give an overview of tea and coffee as functional drinks.
5. Write a note on probiotics and their health benefits.
6. Explain the concept of nutrigenomics.

SECTION-C

7. Explain in detail, how nutraceuticals can be beneficial for those suffering from heart diseases and cancer?
8. Write notes on:
 - a. Antioxidants
 - b. Any TWO phytochemicals
9. Discuss various probiotic foods and their functional role. Shed some light on their marketing too.

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B.Sc. (Nutrition and Dietetics)

(Sem.-3)

HEALTH HYGIENE AND SANITATION

Subject Code : BSND213-18

M.Code : 78541

Date of Examination : 02-12-2024

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. What do you mean by Sanitation?
 - b. How can the diseases be controlled from spreading?
 - c. What do you mean by rodent control?
 - d. Define air pollution.
 - e. What is Hygiene?
 - f. What is cholera?
 - g. What is vector management?
 - h. What is kitchen hygiene?
 - i. What is ventilation?
 - j. Define food poisoning.

SECTION-B

2. What are the causes and symptoms of food poisoning?
3. What are soil impurities and what is its effect on health?
4. Write short note on :
 - a. Typhoid
 - b. Jaundice
5. When do we say that the water is contaminated? What are its symptoms?
6. What is quarantine? How can people be saved from infectious diseases?

SECTION-C

7. What are communicable diseases how can a person save himself from getting infected with such diseases?
8. What is immunization? What are food hygiene habits to promote health?
9. What are the causes of air pollution and its ill effects on health?

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

COMMUNITY NUTRITION

Subject Code : BSND212-18

M.Code : 78540

Date of Examination : 05-12-2024

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) Malnutrition
 - b) Biochemical assessment for vitamins
 - c) Mortality
 - d) Food Frequency Questionnaire
 - e) Full forms of NNMB and ICMR
 - f) Full forms of IDD and PEM
 - g) Nutrition surveillance
 - h) Importance of community kitchens
 - i) FAO
 - j) Clinical assessment of Vitamin A deficiency

SECTION-B

2. Write a note on the analysis and interpretation of anthropometric data.
3. Throw light on the causes of undernutrition in our society.
4. Give an account of iron deficiency disorder as a nutritional problem with respect to Punjab.
5. Discuss the role of WHO in efforts to combat malnutrition.
6. How do you think community kitchens help in combatting malnutrition.

SECTION-C

7. Give a detailed overview on clinical changes seen in different parts of the body.
8. What is the purpose of dietary survey? Discuss its types and methods.
9. **Write notes on any TWO :**
 - a) Role of NIN in combatting malnutrition
 - b) Role of UNICEF in combatting malnutrition
 - c) Principles of nutrition education programmes

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