Roll No. | | | | | | | | | | | Total No. of Pages : 02

Total No. of Questions : 09

B.Sc.-Honours (Nutrition and Dietetics) (Sem.–7)

SPORTS NUTRITION

Subject Code : BSND 411-18

M.Code : 92624

Date of Examination : 12-06-2026

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) Individual sports

   b) BMI

   c) ATP

   d) Importance of creatine in sports

   e) Antioxidants

   f) Inter relationship of iron with sports nutrition

   g) Metabolism

   h) Importance of supplements in sports nutrition

   i) Strength training

   j) Blood parameters checked in physiological measurements

SECTION-B

2. Elucidate the concept of sports nutrition?
3. Discuss the concept of muscles and physical performance?
4. Discuss the role of water and electrolytes in sports.
5. Throw light on ergogenic aids with respect to sports nutrition?
6. Discuss the role of diet in athletes suffering from amenorrhea?

SECTION-C

7. Explain the evolution and growth of sports nutrition as a discipline?
8. Discuss the role of macro nutrients, metabolism and exercise?
9. Discuss in detail the nutritional and dietary guidelines for vegetarian athletes?

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Total No. of Questions : 09

Bachelor of Science - Honours (Nutrition and Dietetics) (Sem.–7)

GERIATRIC NUTRITION

Subject Code :BSND 413-18

M.Code :92626

Date of Examination : 10-06-2026

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) Any four physical changes in ageing

   b) Distention

   c) Nutrition

   d) Plaque

   e) Nutrients required for treating osteoporosis

   f) Glycaemic load

   g) Antioxidants

   h) Advantages of enteral nutrition

   i) Importance of physical activity in old age

   j) Relationship between nutrition and social health status among elderly

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SECTION-B

2. Discuss the physiological changes that take place in ageing?
3. Ram is 72 years old, and is suffering from chronic acidity. Discuss its nutritional management?
4. Throw light on strokes with respect to the geriatric population?
5. Discuss the nutritional management among elderly for Parkinson's disease?
6. Discuss the interaction between drugs and food?

SECTION-C

7. Discuss the nutritional management among elderly in case of:

   (a) Obesity

   (b) Anaemia

8. Discuss in detail the nutritional management of a 75-year-old woman with type 2 diabetes?
9. Discuss the importance of geriatric nutrition? Explain the oral form of nutrition support for them?

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Total No. of Questions : 09

Bachelor of Science - Honours (Nutrition and Dietetics) (Sem.–7)

DIET THERAPY AND NUTRITION SUPPORT-I

Subject Code :BSND412-18

M.Code :92625

Date of Examination : 08-06-2026

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) Nutrition.

b) Any two functions of the dietary department.

c) Any two differences between diverticulitis and Crohn's disease.

d) What do you understand by clinical information?

e) Metabolism.

f) Inflammation.

g) Constipation.

h) Diverticula.

i) Food frequency questionnaire.

j) Any two micronutrients, which must be provided in ulcerative colitis.

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SECTION-B

2. Explain the role of a dietician as a part of outreach services?
3. Throw light on the aspect of food service in hospitals?
4. Discuss the etiology and symptoms of an adult man suffering from acute pancreatitis?
5. Discuss the etiology and symptoms in gastro-esophageal reflux disorder?
6. Explain the principles of dietetics?

SECTION-C

7. Write a detailed note on etiology, symptoms, dietary, and lifestyle management of a woman suffering from ulcerative colitis?
8. Discuss in detail, etiology, dietary and lifestyle management of a person suffering from grade 3 non-alcoholic fatty liver disease?
9. Explain the structure, administration and functions of a dietary department in a hospital?

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Total No. of Questions : 09

B.Sc. Honours (Nutrition and Dietetics) (Sem.–2)

FOOD PACKAGING

Subject Code : BSND-124-18

M.Code : 77758

Date of Examination : 22-05-2026

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. **Answer briefly :**

a) Primary packaging

b) MAP

c) List types of can closure systems

d) Aseptic Packaging

e) Food Labelling

f) LDPE

g) Lacquers

h) TFC

i) Role of O_2, CO_2, and N_2 in MAP

j) Two piece can

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SECTION-B

2. What are the advantages and limitations of Corrugated Fibre Board boxes.

3. Write a note upon the food packaging Laws and Regulations.

4. Discuss the various contents mentioned on food labels.

5. What are the merits and demerits of Metal packaging?

6. Describe the process of tin plating.

SECTION-C

7. What are the various types of Packaging systems? Discuss all of them briefly.

8. What are the different types of machinery used for food packaging? Explain.

9. Discuss the tests for evaluation of packaging materials:

(a) Tear Strength or Tearing Resistance

(b) Bursting Strength

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