

P-III/(1+1+1)/H/ 20(N)

2020

FOOD AND NUTRITION (Honours)

Paper Code : XI - A & B

(Diet Management and Diet Therapy)

(New Syllabus)

Full Marks : 50

Time : Two Hours

**Important Instructions  
for Multiple Choice Question (MCQ)**

- Write Subject Name and Code, Registration number, Session and Roll number in the space provided on the Answer Script.

**Example :** Such as for Paper III-A (MCQ) and III-B (Descriptive).

Subject Code : 

III	A	&	B
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Subject Name :

- Candidates are required to attempt all questions (MCQ). Below each question, four alternatives are given [i.e. (A), (B), (C), (D)]. Only one of these alternatives is 'CORRECT' answer. The candidate has to write the Correct Alternative [i.e. (A)/(B)/(C)/(D)] against each Question No. in the Answer Script.

**Example** — If alternative A of 1 is correct, then write :

**1. — A**

- There is no negative marking for wrong answer.

### মাল্টিপল চয়েস প্রশ্নের (MCQ) জন্য জরুরী নির্দেশাবলী

- উত্তরপত্রে নির্দেশিত স্থানে বিষয়ের (Subject) নাম এবং কোড, রেজিস্ট্রেশন নম্বর, সেশন এবং রোল নম্বর লিখতে হবে।

উদাহরণ — যেমন Paper III-A (MCQ) এবং III-B (Descriptive)।

Subject Code : 

III	A	&	B
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Subject Name :

- পরীক্ষার্থীদের সবগুলি প্রশ্নের (MCQ) উত্তর দিতে হবে। প্রতিটি প্রশ্নে চারটি করে সম্ভাব্য উত্তর, যথাক্রমে (A), (B), (C) এবং (D) করে দেওয়া আছে। পরীক্ষার্থীকে তার উত্তরের স্বপক্ষে (A) / (B) / (C) / (D) সঠিক বিকল্পটিকে প্রশ্ন নম্বর উল্লেখসহ উত্তরপত্রে লিখতে হবে।

উদাহরণ — যদি 1 নম্বর প্রশ্নের সঠিক উত্তর A হয় তবে লিখতে হবে :

1. – A

- ভুল উত্তরের জন্য কোন নেগেটিভ মার্কিং নেই।

## Paper Code : XI - A

Full Marks : 14

Time : Twenty Minutes

Choose the correct answer.

Each question carries 1 mark.

### **Instruction to students for Page Limitation**

For all MCQs, students should answer within 1 page of an A4 paper; for each four marks (04) question: Max. 1 page of an A4 paper (including figure / diagram, if any) and for 10 marks (10) question: Max. 2½ page of an A4 paper (including figure / diagram, if any), should be used.

1. Which one of the following is essential for preventing dental caries?
  - (A) Fluorine
  - (B) Iodine
  - (C) Iron
  - (D) Zinc
2. The most important function of insulin is —
  - (A) To release glucose from the liver
  - (B) To maintain normal blood glucose level
  - (C) To avoid late diabetic complications
  - (D) To utilize fat
3. Which of the following nucleic acid is present in hepatitis B virus?
  - (A) dsDNA
  - (B) ssRNA
  - (C) ssDNA
  - (D) dsRNA
4. Kidney stone disease is known as —
  - (A) Nephritis
  - (B) Nephrolithiasis
  - (C) Uraemia
  - (D) Clotis

*Turn Over*

5. Which of the following is not an example of a modified diet?
- (A) Low fat diet and/or low cholesterol diet
  - (B) High fiber diet
  - (C) Protein diet
  - (D) Pure diet
6. Which of the following describes therapeutic food?
- (A) Prepared foods that provide calories and nutrients
  - (B) A food source that is useful to fight against malnutrition
  - (C) A high-energy food that is delivered in an accessible package
  - (D) All of the above
7. Cirrhosis is most accurately (definitively) diagnosed by —
- (A) Eye exam
  - (B) Blood test
  - (C) Liver biopsy
  - (D) All of the above
8. Insulin is a natural hormone secreted by which organ or gland?
- (A) Kidneys
  - (B) Liver
  - (C) Pancreas
  - (D) Spleen
9. Your blood pressure is 120/80. Which number indicates systolic pressure?
- (A) 80
  - (B) 120
  - (C) 120 plus 80
  - (D) 120 minus 80
10. Which of the following forms of water is the most contaminated?
- (A) Underground water
  - (B) Rainwater
  - (C) Surface water
  - (D) Water stored in ice caps

*Turn Over*

11. Which of the following organism does belong to coliform group of bacteria?
- (A) *Salmonella* spp.
  - (B) *E. coli*
  - (C) *Klebsiella* spp.
  - (D) All of the above
12. Which one of the systems causes allergic reaction?
- (A) Endocrine
  - (B) Immune
  - (C) Nervous
  - (D) Autonomic
13. The accumulation of excess fluid in the lungs is known as —
- (A) bronchitis
  - (B) allergy
  - (C) pulmonary edema
  - (D) pneumonia
14. Which one of the following minerals is required for muscle contraction?
- (A) Calcium
  - (B) Iron
  - (C) Sodium
  - (D) Zinc
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*Turn Over*

2020

FOOD AND NUTRITION (Honours)

Paper Code : XI - B

(Diet Management and Diet Therapy)

(New Syllabus)

Full Marks : 36

Time : One Hour Forty Minutes

*The figures in the margin indicate full marks.*

1. Answer any *four* of the following : 4×4=16
  - (a) Write a short note on essential food nutrients. 4
  - (b) State at least four important functions of liver. Point out the types of viral hepatitis. 2+2=4
  - (c) How many types of cardiovascular diseases are found? Mention the lifestyle modification strategies as the treatment of this disease. 2+2=4
  - (d) What causes acute nephritis? What are the symptoms if protein is present in urine? 1+3=4
  - (e) What are the risk factors associated with diabetes mellitus? Differentiate between Type 1 and Type 2 diabetes? 2+2=4
  - (f) What is cold allergy? What do you mean by OAS? 2+2=4
  - (g) Write down the dietary management for glomerulonephritis. 4
  
2. Answer any *two* of the following : 10×2=20
  - (a) What are the objectives for the treatment of uremia? What is nephrotic syndrome? Mention the foods recommended and avoided in the diet plan for a nephrotic patient. 3+2+5=10
  - (b) Write a short note on fatty liver and mention the dietary management of it. Write down the diet management of liver cirrhosis. 6+4=10
  - (c) What is naturopathy? What are the precautions to be considered in naturopathy? Differentiate between normal diet and therapeutic diet. 3+4+3=10
  - (d) What is anaphylaxis? Classify food allergies. Discuss briefly on type I hypersensitivity reaction? 2+4+4=10