

Food & Nutrition
Internal/CIA-2026
4th Sem, FNTDSC 402: BASIC
DIETETICS
FM-10

Answer the following (any 10)

1. Define diet therapy.
2. What is a therapeutic diet?
3. Name any two examples of therapeutic diets.
4. What is a clear liquid diet?
5. What is a full liquid diet?
6. Define soft diet.
7. What is a mechanically soft diet?
8. Why is nutrient essential?
9. What is RDA (Recommended Dietary Allowance)?
10. What are the three keys to a healthy diet?
11. What is meant by variety in diet planning?

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