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(February)

HOME SCIENCE

(Honours)

(Diet Therapy)

(HS-501)

Marks : 75

Time : 3 hours

*The figures in the margin indicate full marks
for the questions*

Answer any **five** questions

1. (a) What is a therapeutic diet? Normal nutrition is a basis for a therapeutic diet. Discuss. 1+6=7
- (b) What dietary advice would you give to a patient suffering from viral hepatitis? 7
- (c) Mention three foods that you would avoid in liver Cirrhosis. 1

2. (a) How is a clear liquid diet different from a full liquid diet? 4
- (b) What is a mechanical soft diet? List any five foods to be avoided in a soft diet. 2+3=5
- (c) Enumerate the five phases involved in the nutritional care process. 6
3. (a) "Malnutrition and infection forms a vicious cycle." Explain giving an example. 8
- (b) Discuss the adverse effects of typhoid fever on the body. 4
- (c) What are the indications for providing parenteral support to patients? 3
4. (a) Discuss the dietary considerations in the management of Irritable Bowel Syndrome. 7
- (b) Suggest four snacks for constipation and justify your selection for each. 2+2+2+2=8
5. (a) What are the two types of hypertension? 2
- (b) Discuss the various complications of hypertension. 6

(3)

- (c) Explain the ratio of -3 and -6 fatty acids in diet. Give two rich sources of each. 5+2=7
6. (a) What specific dietary measures would you recommend to a patient suffering from chronic renal failure? 7
- (b) Give any five potassium rich food sources in the diet. Suggest a method for leaching potassium. 3+3=6
- (c) Why sodium restriction is required when there is oedema? 2
7. (a) Describe the following briefly : 5+5=10
(i) Nephrolithiasis
(ii) Peptic ulcer
- (b) Mention any five important goals related to the dietary management of diabetes. 5
8. (a) What do you mean by apple-shaped and pear-shaped obesity? Discuss the role of dietary fibres in obesity. 4+4=8
- (b) Explain the dietary modifications in diarrhoea. 7
