

CARMEL COLLEGE OF ARTS, SCIENCE AND COMMERCE, NUVEM – GOA

POST GRADUATE DEGREE STUDIES (AFFILIATED TO GOA UNIVERSITY)

M.Sc. (I) Food Technology (Semester II) Examination JULY 2021

FTC 202 NORMAL AND CLINICAL NUTRITION

Max. Marks: 45 marks

Duration: 2 hours

Date: 9 JULY 2021

INSTRUCTIONS:

- 1. Section I** is compulsory
- Answer **any 3** questions from **Section II**
- Figures on the right indicate maximum marks allocated to the question

SECTION I

Q1. A. Name the following:

(6 x ½ mark = 3 marks)

- a. A generically approved product assumed to bolster performance in sports
- b. A potentially life-threatening immune reaction to the protein in nuts in susceptible individuals
- c. Condition arising from inflamed pouches lining the colon
- d. Fatty and smelly stools commonly observed in hepatic disorders
- e. A mineral that aids in the release of pancreatic insulin
- f. The active component in cruciferous vegetables known to fight cancers

Q1. B. Provide 2 reasons to justify each of the following statements:

(3 x 2 marks = 6 marks)

- a. A clear fluid diet is advised pre- and post-surgery.
- b. Carbohydrate intake of mountain climbers should be marginally increased.
- c. Carbohydrate loading is often suggested for marathon runners.

Q1. C. Explain one reason and the nutritional remedy for the following:

(3 x 2 marks = 6 marks)

- a. Duodenal Ulcers
- b. Crohn's Disease
- c. Urinary Calculi

SECTION II

Q2. Elaborate on any 1 of the following statements, providing a nutritional perspective to each: (10 marks)

- a. Dyslipidemia is the precursor of atherosclerosis
- b. Pre-term infants benefit from aggressive nutritional therapy

Q3. Explain the *similarity* in the dietary recommendations suggested to any 2 of the following pairs of population: (2 x 5 marks = 10 marks)

- a. Obese individuals and Diabetics
- b. An adolescent and an astronaut
- c. An underweight individual and a lactating woman

Q4. Discuss the etiology and nutritional care in any 1 of the following: (1 x 10 marks = 10 marks)

- a. NIDDM
- b. Nephrotic Syndrome

Q5. Write short notes on any 2 of the following: (2 x 5 marks = 10 marks)

- a. Enteral Nutrition
- b. Biliary Diseases
- c. Preventive & Therapeutic Nutritional Management in Cancer
- d. Nutrigenomics

Q6. Provide 5 dietary principles (with reasons) for any 2 of the following conditions:

(2 x 5 marks = 10 marks)

- a. Covid-19 infection in a geriatric individual
- b. A hypertensive female with acute diarrhoea
- c. An osteoporotic female with gluten enteropathy
- d. An 8-year old with Irritable Bowel Syndrome
