

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 206 LAB IN CLINICAL NUTRITION AND DIETETICS

Max. Marks: 30 marks

Duration: 2 hours

Date: 12 July 2021

Q1. Do as directed:

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| A. <i>Plan a day's diet for the described physiological condition.</i> | 4 marks |
| B. <i>List 4 dietary principles, with reasons.</i> | 4 marks |
| C. <i>Calculate the energy, protein, and fat value of the diet.</i> | 3 marks |

- a. A 3-year old pure vegetarian girl has an acute fever and is diagnosed with jaundice. Her Hb level is 9 g/dl.
- b. A thirteen year old male is in school between 8:30 a.m. and 3:30 p.m. He reaches home by 4:15 p.m. and practices basketball between 5:30 and 7:00 p.m. He sleeps at 10 p.m.
- c. Twenty-nine year old Jane Fonda is 5'2" tall and weighs 67 kg. She is a doctor in a private hospital and works on a 9 a.m. to 5 p.m. shift. Jane's FBS was found to be 133 mg/dl on 3 occasions this week.
- d. A nineteen year old female attends classes between 12:30 p.m. and 5:30 p.m. She has been advised to gain weight. Her primary complaints are those of being constipated and succumbing to colds at least once a fortnight.
- e. Thirty year old Aruna Irani delivered a baby 4 months ago. She works from home and has been unable to shed the additional 20 kg she put on during her pregnancy. She now complains of knee pain and often presents with a Blood Pressure reading of 125/90 mm Hg.
- f. Thirty-two year old Mahesh Naik works between 8 a.m. and 5 p.m. at the Ticketing Counter of an International Airport. He eats lunch at 3 p.m. and a recent visit to the urologist indicated the presence of calcium oxalate calculi. Mahesh weighs 74 kg and is 5'10" tall.

- g. Seventy-two year old Kimi, who enjoys non-vegetarian food at both lunch and dinner and refuses to change this pattern of eating, presented with the following Blood Report:

Total Cholesterol = 356 mg/dl

HDL-Cholesterol = 40 mg/dl

LDL-Cholesterol = 175 mg/dl

Triglycerides = 200 mg/dl

- h. Forty-four year old John Fernandes loves to eat a dessert post-lunch and will not change this habit. He went for a recent Blood Test, the reports of which are as follows:

FBS = 156 mg/dl

PPBS = 200 mg/dl

Triglycerides = 260 mg/dl

- i. Twenty-five year old Ruby is 5'7" tall and weighs 60 kg. She is 6 months pregnant. Ruby works as an Administrative Staff in a College between 8:30 a.m. and 4:30 p.m. She attends an online language class between 7 and 8 p.m. and goes to bed at midnight.
- j. Fifty year old Waseem is the General Manager of a 5-star hotel. He is at work between 9 a.m. and 8 p.m. Waseem is lactose intolerant and has recently been diagnosed with duodenal ulcers and non-alcoholic fatty liver disease.

Q2. . Nutritionally justify the food choices you have provided at any 1 meal and 1 snack in the diet planned by you.

4 marks

Q3. Viva

10 marks

Q4. Year's Work

5 marks
