

Total number of printed pages—4

63(FY) SEM-2/IDC2/MOCIDC1053

2024

**DIET MANAGEMENT IN HEALTH
AND DISEASE**

Paper : MOCIDC1053

Full Marks : 50

Pass Marks : 20

Time : Two hours

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

1. Choose the correct answers: $1 \times 5 = 5$
- (a) Following are the components specific health dimension, except
- (i) Physical Dimension
 - (ii) Emotional Dimension
 - (iii) Mental Dimension
 - (iv) Social Dimension

Contd.

(b) Following are essential amino acids except

- (i) Lysine
- (ii) Leucine
- (iii) Isoleucine
- (iv) Asparagine

(c) All are fat soluble vitamins except

- (i) Vit A
- (ii) Vit D
- (iii) Vit E
- (iv) Vit B

(d) Highest source of Vitamin C

- (i) Amla
- (ii) Banana
- (iii) Lime
- (iv) Apple

(e) Following is the example of good cholesterol

- (i) VLDL
- (ii) Triglyceride
- (iii) LDL
- (iv) HDL

2. Answer the following questions (*any five*):
2×5=10

- (a) Which mosquito bite causes malaria? What are the symptoms of malaria?
- (b) What is a balanced diet?
- (c) What is the normal BMI (body mass index) of an adult male?
- (d) What are the diseases caused by protein energy malnutrition among children?
- (e) Name the causative agent of AIDS. What is the full form of AIDS?
- (f) Name four diseases caused by mosquito.
- (g) Name some foods that are rich in protein.

3. Answer the following questions (*any five*):
5×5=25

- (a) What is Primary Health Care?
- (b) Briefly describe the different modes of prevention.
- (c) Describe briefly about Antenatal Care.

- (d) Define Diarrhoea. Write about management of Diarrhoea.
- (e) Name some risk factors for cardiovascular diseases.
- (f) Name some diets that are prohibited amongst the diabetic patients.
- (g) What is the role of breast milk among the infant ?
- (h) What are the nutritional advices you would suggest for old age people ?

4. Answer the following questions (**any one**):
10×1=10

- (a) Discuss the various indicators of health. Name some measures for prevention of diseases among the children below 5 years of age.
- (b) What do you mean by obesity ? Name the factors that cause obesity. Suggest some steps for prevention of obesity among adolescents.