

D 102168

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Name.....

Reg. No.....

**SECOND SEMESTER M.Sc. DEGREE (REGULAR/SUPPLEMENTARY)
EXAMINATION, APRIL 2024**

(CBCSS)

Home Science (Nutrition and Dietetics)

HND 2C 09—NUTRITIONAL MANAGEMENT IN LIFE STYLE DISEASES

(2019 Admission onwards)

Time : Three Hours

Maximum : 30 Weightage

Part A

*Answer any **four** questions, each in **one** paragraph.*

Each question carries a weightage of 2.

1. Triglycerides.
2. Grades of obesity.
3. Broka's index.
4. Fat substitutes.
5. MUFA.
6. Psychosomatic disorder.
7. Insulin resistance.

(4 × 2 = 8 weightage)

Part B

*Answer any **four** questions, each within **one** page.*

Each question carries a weightage of 3.

8. Discuss on glycemic index and factors affecting it.
9. Explain the inflammatory markers of CVD.
10. Discuss on the surgical management of obesity.
11. Discuss the aetiology and clinical manifestation of underweight.

Turn over

12. Elaborate on the role of sodium restrictions in the management of hypertension.
13. Discuss on the causes and dietary management of gestational diabetes.
14. Describe classification of lipoproteins and comment on its impact on cardiovascular health.

(4 × 3 = 12 weightage)

Part C

*Answer any **two** questions.*

Each question carries a weightage of 5.

15. Write in detail about coronary heart diseases under the following headings :
 - a) Aetiology ;
 - b) Nutritional management ; and
 - c) Prevention.
16. Explain the classification, metabolic aberrations and clinical manifestations of obesity.
17. Define stress. Discuss on the effect of stress on human health and the dietary guidelines for the management of stress.
18. Explain Diabetes under the following headings :
 - a) Dietary management ; and
 - b) Complications.

(2 × 5 = 10 weightage)