


Name:			
Enrolment No:			
UPES			
End Semester Examination, December 2024			
Program Name: Int. B.M.Sc. Nutrition Dietetics		Semester : V	
Course Name: Meal Planning in Special Conditions		Time: 2 hrs	
Course Code: HSND3008		Max. Marks: 50	
Instructions: Read all questions carefully			
S. No.	Section A	Marks	COs
	Short answer questions (20Qx1.5M= 30 Marks)		
Q1	How much folic acid is recommended daily for pregnant women in India?	1.5	CO2
Q2	What is food pyramid?	1.5	CO1
Q3	What is weaning food?	1.5	CO2
Q4	Why is it important to limit salt intake in the Indian diet?	1.5	CO3
Q5	What are the primary dietary guidelines for Indians?	1.5	CO3
Q6	Why is variety important in meal planning?	1.5	CO1
Q7	What is the exchange list?	1.5	CO2
Q8	How does physical activity affect the meal?	1.5	CO2
Q9	What are the principles of meal planning?	1.5	CO3
Q10	What is the role of portion control in managing overweight?	1.5	CO1
Q11	What role does fiber play in controlling constipation problem.	1.5	CO2
Q12	What is the purpose of dietary modifications before surgery?	1.5	CO3
Q13	Why is it important to avoid high-fat foods post-surgery?	1.5	CO2
Q14	What is the role of electrolytes during fever and infection recovery?	1.5	CO2
Q15	What are the symptoms of protein deficiency?	1.5	CO3
Q16	How can folic acid deficiency be addressed through dietary modifications?	1.5	CO1

Q17	What are the symptoms and dietary treatment for vitamin B12 deficiency?	1.5	CO2
Q18	What role do leafy greens play in correcting calcium deficiencies?	1.5	CO3
Q19	What is food guide?	1.5	CO1
Q20	What foods are rich in zinc to address a zinc deficiency?	1.5	CO2
Section B (4Qx5M=20 Marks)			
Q1	How does reduced digestive efficiency affect nutrient absorption in elderly?	5	CO2
Q2	Differentiate between Food allergy and food intolerance.	5	CO3
Q3	Describe the meal modification for post operative patient.	5	CO1
Q4	Discuss the guidelines for school lunch and packed lunch and snacks.	5	CO2
Section C (2Qx15M=30 Marks)			
Q1	1) Explain the physiological, psychological factors for planning a meal for geriatric patients. 2) Describe dietary modification of fever patients.	15	CO2
Q2	1) Discuss the criteria for planning a meal for the infant 6-to-12-month age group. 2) Explain the types of Food groups with examples.	15	CO4
Section D (2Qx10M=20 Marks)			
Q1	1) Describe the specific considerations for planning of meal for lactating women 2) What are the guidelines of meal planning for pre-school children.	10	CO3
Q2	1) Explain the modification of normal diets as per different conditions. 2) Illustrate the food guide pyramid for Indian adults.	10	CO3