



BRAINWARE UNIVERSITY

Term End Examination 2023-2024

Programme – B.Sc.(FND)-Hons-2022

Course Name – Diet Therapy for Life Style Disorders

Course Code - BFNC403

(Semester IV)

Full Marks : 60

Time : 2:30 Hours

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

Group-A

(Multiple Choice Type Question)

1 x 15=15

1. Choose the correct alternative from the following :

- (i) Identify the classic symptom of untreated Type 1 diabetes.
- a) Increased appetite
b) Rapid weight gain
c) Ketoacidosis
d) Low blood sugar levels
- (ii) State the full form of MI.
- a) Muscle implant
b) Myocardial Infarction
c) Myocardium Infection
d) Myocardial Inconsistency
- (iii) Write down the full form of DASH.
- a) Diet All to Stop Hypertension
b) Dual Approach to Stop Hypertension
c) Diet Application to Stop Hypertension
d) Dietary Approaches to Stop Hypertension.
- (iv) Choose the optimal level of HDL Cholesterol in male.
- a) Above 60 mg/dl
b) Above 30 mg/dl
c) Above 40 mg/dl
d) Above 50 mg/dl
- (v) Which hormone is referred to as the "Satiety hormone" due to its role in regulating appetite and energy balance?
- a) Insulin
b) Leptin
c) Ghrelin
d) Cortisol
- (vi) Maple Syrup Urine Disease (MSUD) is caused by the deficiency of enzymes involved in the metabolism of which amino acids?
- a) Phenylalanine and tyrosine
b) Methionine and cysteine
c) Valine, leucine, and isoleucine
d) Arginine and lysine
- (vii) Select the primary goal of treatment for osteoporosis.
- a) Relieve pain
b) Reduce inflammation
c) Prevent fractures
d) Improve joint function
- (viii) Identify a common complication of long-term corticosteroid use in arthritis treatment.
- a) Increased bone density
b) Weight loss
c) Osteoporosis
d) Decreased blood pressure

- (ix) Which of the following is a common symptom of cystic fibrosis?
 - a) Polyurea
 - b) High blood pressure
 - c) Shortness of breath
 - d) Diarrhoea
- (x) Choose the main complication of uncontrolled asthma.
 - a) Chronic bronchitis
 - b) Emphysema
 - c) Respiratory failure
 - d) Pneumonia
- (xi) Which of the following is a risk factor for developing hyperlipidemia?
 - a) Regular physical activity
 - b) High-fiber diet
 - c) Obesity
 - d) Low blood pressure
- (xii) How does bulimia nervosa affect oral health?
 - a) It improves oral health
 - b) It has no impact on oral health
 - c) It can lead to tooth decay and erosion of tooth enamel
 - d) It reduces the risk of gum disease
- (xiii) Identify the health risk that are associated with gynoid obesity.
 - a) Increased risk of cardiovascular disease
 - b) Decreased risk of type 2 diabetes
 - c) Reduced risk of hypertension
 - d) Lower risk of metabolic syndrome
- (xiv) Which of the following nutrients is important for cancer patients to maintain muscle mass?
 - a) Protein
 - b) Carbohydrate
 - c) Mineral
 - d) Fat
- (xv) Choose the risk factor for developing cancer.
 - a) Healthy diet
 - b) Regular exercise
 - c) Vaccination
 - d) Smoking

Group-B

(Short Answer Type Questions)

3 x 5=15

- 2. Write down a short note on DASH Diet. (3)
- 3. Write down a short note on "Diabetic Ketoacidosis". (3)
- 4. Define "Android Obesity" (3)
- 5. Discuss the signs and symptoms of gout. (3)
- 6. Explain the process of osteoporosis affecting the bone density and strength. (3)

OR

- Classify chemical carcinogens. (3)

Group-C

(Long Answer Type Questions)

5 x 6=30

- 7. Write down the classification of "Diabetes mellitus"? (5)
- 8. Discuss the aetiopathology of COPD. (5)
- 9. Describe "Anorexia Nervosa" along with it's causes and symptoms. (5)
- 10. Explain the pathophysiology of gout. (5)
- 11. Explain the aetiopathology of hypertension (5)
- 12. Explain the dietary guidelines for the prevention of heart diseases. (5)

OR

- Deduce the metabolic abbreviations occur in cancer. (5)
