

**Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**  
**A Deemed to be University established under Section 3 of the UGC Act, 1956**

**Program:** MSc (Yoga Therapy)  
**Subject Name:** Dietetics and Nutrition  
**Sem Period:** August, 2024 to December, 2024  
**Date:** 03.12.2024  
**Examination Mode:** Arrear

**Semester:** 3<sup>rd</sup> Semester Back  
**Subject Code:** MSYTAECC 308  
**Batch:** August, 2022  
**Time:** 09.45 am to 12.45 pm  
**Max. Marks:** 100

**General Instructions:**

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

**Short Notes (Attempt any Ten) – 2 Marks for each Question**

**10 \*02 =20 Marks**

1. What is BMR?
2. Name any two functions of CHO.
3. Explain the dietary rule for DM
4. What is a balanced diet?
5. Name any two reasons for the rejection of food by the pre-school children.
6. What are the foods which an arthritis patient should consume?
7. What is anabolism?
8. What is colostrum? Give any two significances for the same
9. What is 24 hrs recall method
10. Give the importance of nutrition in the body?
11. What is Broka's index?
12. What is calorie requirement?

**Short Essay (Attempt any Eight) – 5 Marks for each Question**

**08 \*5 =40 Marks**

13. Draw the structure of food pyramid and explain.
14. Classify fiber and explain its functions in the body.
15. What are the etiologies of obesity?
16. What is weaning? What are the points to be considered during weaning process?
17. Give brief note on the significance and importance of cereals and millets
18. Explain about dietary assessment.?
19. Explain RDA. What are the factors affecting RDA?
20. Explain about metabolism.
21. Write about the general dietary guidelines and the risk factors for CVD.
22. Explain the dietary guidelines for a lactating mother?

**Long Essay: (Attempt any Four) – 10 Marks for each Question**

**4\* 10 =40 Marks**

23. Explain the dietary changes which you have to adopt for diabetic patients
24. What are the complications of pregnancy?
25. Explain the dietary guidelines to be followed during adolescent stage along with the nutritional problems
26. Explain the dietary changes which you have to adopt for the following.
  - a. Cancer
  - b. Iron deficiency anaemia
27. Explain the dietary modifications for GI track diseases
28. Explain in detail about any two macro nutrients under the following
  - a. sources and
  - b. significance

