

**IDA REGISTERED DIETITIAN EXAMINATION
NOVEMBER 2015**

**Paper II-(Nutrition, Dietetics and Food Service Management)
Time: 2 Hours (11.30 am to 1.30 pm)**

Marks: 100

Answer All Questions

SECTION A - (30 Marks)

I. Multiple Choice Questions - Answer all of the questions (5 x 1 = 5 marks)

1. An enzyme that acts only in an acidic medium is

1. Pepsin
2. Trypsin
3. Rennin
4. Amylase

2. Parotid gland is a /an

1. gastric gland
2. intestinal gland
3. salivary gland
4. none of the above

3. A non-enzyme protein present in the saliva is

1. heparin
2. mucin
3. ptyalin
4. none of the above

4. 1 µg of retinol is equivalent to

1. 6.0 IU of vitamin A
2. 12.0 IU of vitamin A
3. 3.33 IU of vitamin A
4. 1.0 IU of vitamin A

5. The RDA of Copper (CU) is about per day is

1. 2.5 mg/d
2. 2.5 g/d
3. 2 g/d
4. 2 mg/d

II. Give the abbreviations for the following: Answer all of the questions (5 x 1 = 5 marks)

1. IUFD
2. IUGR
3. SGA
4. LGA
5. FTT

III. Fill in the blanks**(5 x 2 = 10 marks)**

1. L- carnitine functions as a carrier of ----- across the ----- membranes.
2. ----- protects body against oxidative cell damage incurred from aerobic metabolism.
3. The principal role of Chromium is as an -----_cofactor, improving ----- tolerance.
4. ----- is main export protein synthesized in ----- and most important factor in maintaining plasma oncotic pressure.
5. Phenylalanine is not metabolised to tyrosine because of a deficiency of ----- .

IV. Answer all five of the following in short.**(5 x 2 = 10 marks)**

1. Food jags
2. Brown adipose tissue
3. Wernicke-Korsakoff syndrome
4. Sjogren`s syndrome
5. Difference between android fat distribution and gynoid fat distribution.

SECTION B (40 marks)**V. Answer all the questions****(10 x 3 = 30 marks)**

1. Give 10 risk factors for developing osteoporosis
2. What is Sclerosing Cholangitis ?
3. Koilonychia
4. ARDS
5. What is Prader-Willi Syndrome and what is your expert advice?
6. What is anomia?
7. Difference between Myasthenia gravis and Multiple sclerosis?
8. Convert 400mg Sodium & 1500mg Potassium into millimoles.
9. Give the conversion formula for HbA1c to plasma glucose and plasma glucose to HbA1c.
10. Give the fat content in 100g.of Soyabean , dry coconut, avocado.

VI. Answer any TWO of the following questions: (2 x 5 = 10 marks)

1. What are the steps in Nutrition Care Process and define each process briefly.
2. What are the different types of menus are there and give brief description on each.
3. Write the major metabolic effects of insulin.

SECTION C

VII. Answer any TWO of the following questions (2 x 15 = 30 marks)

1. Mrs. ABC underwent gastric bypass surgery to loose weight. Her anthropometric measurements and lab parameters before the surgery :
Age: 50 yrs, Ht: 155cm Wt: 112 kg, RBS: 196 mg/dl. BP: 155/95 mmHg, Total Cholesterol: 274 mg/dl, Triglycerides: 420 mg/dl, HDL: 32 mg/dl, VLDL: 120mg/dl
What are the nutritional requirement of preoperative, immediate post operative and follow up diet which you can suggest and give a diet plan with sample menu to follow after 10 days of surgery with nutrition calculations and give your advice to loose weight.
 2. Plan and calculate the diet for enteral feed for a 60% burns patient – 35 old female, 5 ft 2 inches height and 50 kg in weight from low income group family. She is unable to eat orally, RT tube feed diet is suggested. Plan the diet with calculations and what nutritional advice what you give.
 3. Mr. X, aged 48years started noticing his abdomen growing larger in size with dyspnoea, oliguria, dysguesia, nausea and G.I discomfort. On consultation he was advised to undergo blood test and ultrasonography. The blood test revealed he had abnormal SGOT, SGPT, GGT and hypernatremia. Ultra sound scan revealed distended hepatoveins, fibrous hepatocytes, and reduced liver size with mild necrotization of the parenchymal hepatocells along with abundant fluid collection in the peritoneal cavity. He was strictly advised to abstain from alcohol and continue with prescribed medications. His Height is 5 ft 8 inches and weight is 75 kg.
 - i) Diagnose the case
 - ii) Write the nutritional management for this patient
 - iii) Plan and calculate a day's menu
 - iv) What micronutrient deficiency will you find when you assess?
 - v) What instructions will you give him while counselling?
-