KANYASHREE UNIVERSITY

M.Sc. 2nd Semester Examination-2022

Subject: Food & Nutrition

Course-CC 11

Diet Therapy and Community Nutrition

Full Marks-20 **Time-1.00 Hours**

Group-A

1. A moderately build and nourished, 56 years old male admitted to the hospital with a complain of bleeding gum from extraction of tooth, abdominal distension and pitting type pedal edema. He is a chronic alcoholic for 25 years, left alcohol only 6 months back. His abdominal distension is from last 6 months and he has also a history of Alcoholic Liver Disease. He has no fever, no vomiting of blood, no passage of dark coloured stools. His lab findings are - LFT : ALT – 24 U/L (6-38), AST – 71U/L (6-40), ALP – 63 U/L (35-140); Bilirubin – T: 7.3 MG% (0.2-1.0), D : 2.8 MG% (0.1-0.4), I :4.5 MG% (0.1-0.6), Total protein: 6.7 (6.4-8.3 gm/dl), Albumin: 2.9 (3.5-5 gm/dl), Globulin -3.8 (2.3-3.5 gm/dl) A/G ratio – 1:1.3 Hb: 6.9 gm/dl (13.5-17.5 g/dl). It has also known that he has normocytic, normochromic anaemia with neutrophilia. Plan a suitable diet chart for the patient. (10)

Group-B

[**Answer any two of the followings**] (5x2=10)

1. Mrs. Kakoli Saha, is a 28 years old home maker. Her weight is 55 Kg. How would you calculate her total energy requirement using factorial method? (PAL – 1.40). (5)

2. A male student of 22 years has a weight of 60 kg and a height of 155 cm. He belongs to a middle-class family. Prepare a balanced diet chart and set some guidelines for him. Why should a patient of atherosclerosis consume omega 3 fatty acid? (3+2)

3. What are the problems that you think you would face during a diet survey with a Food Frequency Questionnaire? Write down a low-cost weaning recipe. In standard CKD prescription how many grams of protein is recommended per Kg of a person for a day? (2+2+1)

4. What do you understand by nutrient turnover method? Mention one index used in anthropometric measurements to identify PEM children. Briefly elaborate your idea about first 24-48 hrs. nutritional intervention in minor to severe burn cases. (2+1+2)

5. What are the do's and dont's that you would advise to a diabetic patient. Write down the formulas of PAR and PAL. (3+2)

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