

(e) Write a note on food as allergens. What are the dietary considerations during constipation?

(f) What is therapeutic diet? Discuss the dietary adaptation for therapeutic needs.

Total number of printed pages—4

3 (Sem-6/CBCS), HSC HE 1

2025

HOME SCIENCE

(Honours Elective)

Paper : HSC-HE-6016

(Therapeutic Nutrition)

Full Marks : 60

Time : Three hours

The figures in the margin indicate full marks for the questions.

1. Write true **or** false against the following statements : 1×7=7

(a) Nutritional management of tuberculosis includes a low protein diet.

(b) A full-fluid diet includes solid foods like bread and rice.

(c) HIV affects the immune system and increases the risk of malnutrition.

(d) Fibre-rich foods help in managing constipation.

- (e) Infective hepatitis is a viral infection that primarily affects the kidneys.
- (f) Anorexia nervosa is an eating disorder characterized by excessive food intake.
- (g) Metabolic syndrome includes conditions like high blood sugar, high blood pressure and abnormal cholesterol levels.

2. Answer the following questions in brief : $2 \times 4 = 8$

- (a) Why is sodium restricted in hypertension ?
- (b) What is lactose intolerance and how can it be managed ?
- (c) Define bulimia.
- (d) What is BMI ? How is BMI calculated ?

3. Write short notes on **any three** of the following : $5 \times 3 = 15$

- (a) Role of dietary fibre in managing constipation.
- (b) Importance of nutrients in managing HIV.

- (c) Role of fruits and vegetables in the prevention of heart disease.
- (d) Difference between type I and type II Diabetes Mellitus.
- (e) Celiac disease with an extensive list of permissible and restricted foods for celiac patients.

4. Answer the following : **(any three)** $10 \times 3 = 30$

- (a) Write the etiology and clinical features of type II Diabetes Mellitus. Discuss the dietary management of type II Diabetes Mellitus.
- (b) Write the etiology and clinical features of Coronary Heart Disease (CHD). Discuss the dietary management of coronary heart disease.
- (c) What are the metabolic changes that occur during fever ? Write the etiology, clinical features and nutritional management of typhoid.
- (d) Discuss the agent responsible for liver damage. Explain the dietary management of infectious hepatitis.