

SUBJECT CODE: DHFS-11

ROLL No. DHFS

FOOD CRAFT INSTITUTE, AMU CAMPUS ALIGARH
ACADEMIC YEAR 2022-23

COURSE: Post Graduate Diploma in Dietetics & Hospital Food Service

SUBJECT: Human Physiology

Semester: 1st Semester/End Term

TIME ALLOWED: 2 Hours

MAX. MARKS: 50

(Marks allotted to each question are given in brackets)

- Q.1 (a) Draw a neat and well-labelled diagram of nephron or animal cell. (5 Marks)
(b) Explain the different methods of contraception. (5 marks)
- Q.2 Write short notes on any two of the following endocrine glands. (2x5=10 Marks)
(a) Thyroid gland
(b) Pancreas
(c) Adrenal gland
- Q.3 Explain the composition of blood. Define anemia and draw the flow chart of different types of anemia.

OR

Explain two types of Blood Group system.

(10 Marks)

Q.4 Briefly explain any four of the following.

(4x2.5=10 Marks)

- (a) Common respiratory diseases
(b) Dialysis
(c) Homeostasis
(d) Sexually transmitted diseases
(e) Types of Hypertension

Q.5 Fill in the blanks.

(10 Marks)

- (a) _____ cells of pancreas secrete somatostatin.
(b) Cardiac output = _____ x _____.
(c) _____ is a lactogenic hormone.
(d) _____ refers to the transport of bicarbonate and chloride ions across the RBC membrane.
(e) _____ promote the retention of water by the kidneys.
(f) Nucleus is absent in _____ cells.
(g) Implantation of fertilized ovum in any other tissue other than uterus leads to _____.
(h) _____ is a thin layer of tissue that covers the lungs.
(i) A small movable lid above the larynx that prevents food and drink from entering the windpipe is called _____.
(j) _____ ml of blood is filtered by the kidneys per minute.
-----x-----x-----

**FOOD CRAFT INSTITUTE, AMU CAMPUS ALIGARH
ACADEMIC YEAR 2022-23**

COURSE: Post Graduate Diploma in Dietetics & Hospital Food Service

SUBJECT: Applied Biochemistry

Semester: 1st Semester/End Term

TIME ALLOWED: 2 Hours

MAX. MARKS: 50

(Marks allotted to each question are given in brackets)

Q.1 Explain the two phases of glycolysis in detail. How much energy is obtained at various stages of this pathway? [10 Marks]

OR

What are the various classes of enzymes? Discuss with suitable examples.

Q.2 Differentiate between any two of the following [2 x 5 Marks]

- Essential and non-essential fatty acids
- Glycogenesis and glycogenolysis
- Ketogenic and glucogenic amino acids

Q.3 Draw the structure of any five of the following [5 x 2 Marks]

- Palmitic acid
- Amylopectin
- Tyrosine
- Lactose
- Ribulose
- Sucrose
- Methionine

Q.4 Write short notes on any 4 of the following. [4x2.5=10 Marks]

- Diagnostically important enzymes
- Importance of cholesterol
- Gluconeogenesis
- Types of hormones
- Functions of different lipoproteins
- Coenzymes

Q.5 Fill in the blanks [10]

-carbon atoms are removed from fatty acyl CoA in one turn of β -oxidation spiral.
- The process of breakdown of amino acids to α -keto acids is called
- In glycolysis glucose is converted into
- enzyme is inhibited by high concentration of glucose-6-phosphate
- The tissues with the highest total glycogen content are
- FAD coenzyme is derived from
- Insulin is secreted by _____ cells of islets of Langerhans of pancreas.
- All enzymes show maximum activity atpH and temperature.
- Aspartate transaminase is also known as
-hormone regulates calcium and phosphorus metabolism

(Marks allotted to each question are given in brackets)

Q.1-What do you mean by Therapeutic Diet? Explain the principles of a therapeutic diet. (10)

Or

Discuss in detail about surgical management and other extreme approaches to weight loss.

Q.2-Explain Enteral Nutrition? Give two enteral feed formulas. (10)

Or

Define fever. List the types of fever.

Q.3-Explain the guidelines to calculate Ideal Body Weight? (10)

Or

Explain in detail about the methods of Nutritional Assessment.

Q.4- What kind of dietary adaptation is made to meet the therapeutic requirement ? (10)

Or

Explain in details about various special feeding methods.

Q.5- Explain the symptoms and dietary modification in patients suffering from typhoid? (10)

Or

Give a diet plan for a patient recovering from tuberculosis?

Q.6- What are the complications of obesity and underweight? (10)

(10)

Or

What is Parenteral feeding? Give two examples of parenteral feed.

Q.7- Explain the role of dietician and its importance in healthcare? (10)

Q.8- Write a short note on any two :- (2x5=10)

- a) Nutrition management in HIV/AIDS
- b) Explain the various grades of obesity.
- c) Steps involved in NCP.
- d) Clear liquid and full fluid diet.

Q.9- Explain the following in 2-3 sentences- (5x2=10)

- a) Tube feeding
- b) Liquid diet
- c) Metabolic changes during infection
- d) Sign and symptoms of tuberculosis
- e) Blenderized enteral formulas

E: DHF,
(10x1=10) ∴ Post Graduate
J.T: Nutritional Per.
ALLOWED: 3 Hours
(Ma)
Q.1. Explain the f...

Q.10-Fill in the blanks:-

- a) The BMI range for normal weight is
- b) A person is classified as underweight when the BMI is less than
- c) Full form of HIV is
- d) Soft diet gives kcal & g protein.
- e) Tuberculosis is an infectious disease caused by the bacillus
- f) bridges the gap between clear liquid diet & soft diet
- g) is the first step in the Nutrition Care Process.
- h) An adult weighing 10 percent more than the standard weight is termed as
- i) Typhoid disease begins in the of the human body.
- j) Can be defined as the elevation in body temperature above the normal which may occur due to exogenous and endogenous factors.

-----x-----x-----

(10x1=10)

DE: DHFS-14

ROLL No.....

FOOD CRAFT INSTITUTE, AMU CAMPUS ALIGARH

ACADEMIC YEAR 2022-23

Course: Post Graduate Diploma in Dietetics & Hospital Food Service

Subject: Nutritional Perspective in Community-I

Semester: 1st Semester End Term

Time Allowed: 3 Hours

MAX. MARKS: 100

(Marks allotted to each question are given in brackets)

Q.1. Explain the fundamentals of meal planning. What factors are considered to plan a meal for adult. (10)

OR

Explain the health system in India and the role of community nutritionist.

Q.2. What is glycemic index? Explain its role in diabetes management. (10)

OR

Discuss the nutritional needs of pregnant women. Which nutrients are to be considered most important and why?

Q.3. Briefly explain any two: (10)

- a) Primary healthcare system in India
- b) One serving portions of food
- c) Exchange list in meal planning

Q.4. Write short notes on any two: (10)

- a) Digestibility coefficient
- b) Scurvy
- c) Demography

Q.5. Write a short note on demographic transition. (10)

OR

Briefly explain the functions and sources of vitamin K

Q.6. Briefly discuss the factors to be considered while choosing fat and oil for different cooking methods (10)

Q.7. What are the nutrient demands of adolescents? Give RDA for energy, protein, vitamin A and D. (10)

OR

What are the functions and sources of sodium and potassium?

Q.8. What is weaning and its importance? What are the food items to be included in weaning give example with one recipe? (10)

OR

What is the reference to adulthood in India? Write down RDA for energy, protein, fiber, fat, vitamin D, and calcium.

Q.9. Describe the process of aging. What is healthy aging? (10)

OR

Describe the following in one or two lines.

- a) Dietary fiber
- b) NPR
- c) Beri-beri
- d) Night blindness

(10)

- Q.10. Fill in the blanks.
- I. One exchange of cereal in an exchange list is equal to _____ gram.
 - II. The basic unit of protein is _____.
 - III. Amino acids that are not necessary in our dietary consumption is called _____.
 - IV. In the human body carbohydrate is stored as _____.
 - V. Vitamin E is absorbed in _____ of the human body.
 - VI. Deficiency of vitamin D in adults causes _____.
 - VII. The RDA for calcium in adults is _____.
 - VIII. Vitamins are grouped on the basis of solubility as _____ and _____.
 - IX. Fat is the complex molecule constituting a mixture of _____ and _____.
 - X. Potassium is found in _____ fluid in human body.

-----X-----X-----

FOODCRAFT INSTITUTE

AMU CAMPUS ALIGARH- ACADEMIC YEAR 2022-2023

Graduate Diploma in Dietetics & Hospital Food Service

Nutrition Industry Management-II

Term/Semester: End Term/Semester-II

MAX.MARKS:50

DURATION: 2 HOURS

(Marks allotted to each question are given in the brackets)

- Q2. Fine merchandising skills. Briefly explain process of certainty and innovation. (10)
- Q3. Explain following: (5x2=10)
 (a) Table d hote (b) Cyclic menu (c) RTE
 (d) buffet (e) Marketing
- Q3. What is the importance of menu designing? (5)
 OR
 What are the Quantitative and Qualitative Aspects of food?
- Q4. Write short notes on styles of food service in: (2.5x2=5)
 (a). Restaurant (b). Formal banquet
 OR
 (a) Describe important aspects of menu planning. (3)
 (b) List and explain the point to be considered while designing the menu card. (2)
- Q5. Why standardization of recipes is important? (5)
 OR
 Briefly explain any two type of food treatment. (5)
- Q6. How the leftover foods can be used effectively? (5)
 OR
 What is a function of menu? (5)
- Q7. What are the important aspects of planning a menu for the School canteen? (5)
 OR
 How are scheduling and control helpful in the production of food? (5)
- Q8. Explain any two of the following (2.5x2=5)
 (a) Occasional menu
 (b) Single-use menu
 (c) Moist heat cooking
 (d) Display of food
 (e) Business plan.

ROLL No. Π/223

DIFS-23

FOOD CRAFT INSTITUTE, AMU CAMPUS ALIGARH
ACADEMIC YEAR 2022-23

Post Graduate Diploma in Dietetics & Hospital Food Service

Nutrition Industry Management-II

Semester/Term: IInd Semester/End Term

ALLOWED : 2 Hours

MAX. MARKS: 50

10=10

(Marks allotted to each question are given in brackets)

Q.1. Define Entrepreneur. Discuss the characteristics of a successful entrepreneur. (10)

Q.2. Write short note on the following- (2.5x4=10)
a) Construction menu b) Occasional menu c) Cyclic menu d) Du jour menu

Q.3. Describe the functions of menu planning. (5)
OR
Differentiate between Moist heat and Dry heat methods of cooking.

Q.4. Explain in detail: (2.5x2=5)
a) Buffet
b) Banquet

OR
Explain how the presentation and display of food is important in-service management.

Q.5. Discuss the Qualitative and Quantitative aspects of foods. (5)
OR
Describe the preliminary treatment of food in detail.

Q.6. How production forecasting is helpful in the standardization of recipes? (5)
OR
Write some points on the effective use of leftover food.

Q.7. Enlist any five merchandising skills in business. (5)
OR
Discuss the important aspects of menu planning for boarding schools.

Q.8. Explain any two of the following- (2.5x2=5)
a) Business Plan
b) RTE
c) A la carte
d) Restaurant service
e) Table d hote

x-----x-----x-----x

**FOOD CRAFT INSTITUTE, AMU CAMPUS ALIGARH
ACADEMIC YEAR 2022-23**

COURSE : Post Graduate Diploma in Dietetics & Hospital Food Service

SUBJECT : Therapeutic Dietetics-II

Semester/Term: IInd Semester/End Term

TIME ALLOWED : 3 Hours

MAX. MARKS: 100

(Marks allotted to each question are given in brackets)

Q-1 Define the clinical stage of Hepatic Encephalopathy & its Nutritional management (10)
OR

Define Liver Cirrhosis. Explain its Symptoms & complications.

Q-2 What are the common Symptoms of Gastro-esophageal Reflux Disease? Also, describe the Nutritional Management of gastroesophageal reflux disease. (10)
OR

Define Peptic Ulcer. What are the factors that affect gastric acid secretion?

Q-3 Explain different Cancer therapies & their nutritional management. (10)
OR

Explain the process of Carcinogenesis & its risk factors.

Q-4 What is Chronic renal failure? Explain the symptoms & Dietary management for Chronic renal failure. (10)
OR

Define Nephrotic Syndrome. Explain the etiology and symptoms of Nephrotic Syndrome.

Q-5 Define viral Hepatitis. Explain Symptoms & Nutritional Management for Pancreatitis. (10)
OR

Explain the type of Pancreatitis. What is the nutritional management for pancreatitis?

Q-6 Differentiate between Diarrhea and constipation. (10)
OR

Differentiate between Acute renal failure and chronic renal failure.

Q-7 Define Lactose Intolerance. What are the causes and symptoms of Lactose Intolerance? (10)
OR

Define Crohn's disease. What are the symptoms and nutritional management of Crohn's Disease?

Q-8 Write a short note on any Two of the following: - (5x2=10)

- 1) Anorexia nervosa .
- 2) Constipation and its types.
- 3) Hiatus Hernia
- 4) Types of Ulcers

Q-9 Explain any five of the Following in 2-3 sentences:-

- 1) Two functions of the Pancreas.
- 2) Oesophagitis
- 3) Dyspepsia
- 4) Types of Jaundice.
- 5) Gluten-sensitive enteropathy
- 6) Cholecystitis.
- 7) Bullimia Nervosa

Q-10 Fill in the blanks:-

(10x1= 10)

1. is an inflammatory process affecting the glomeruli, the small blood vessels in the head of the nephron.
2. Average lifespan of human red blood cells is days.
3. The most common symptoms of is alternating diarrhea & constipation.
4. Damage to the liver leads to an increase in level resulting in jaundice.
5. Celiac disease is caused by a reaction to
6. can be defined as the sudden shut down of renal function following metabolic or traumatic injury to normal kidneys.
7. is a procedure that replaces some of the kidney's normal function.
8. is a term used to refer to malignant neoplasms or tumors
9. Total daily fiber intake for an adult should be Gram.
10. can be defined as the passage of stools with increased frequency, fluidity, or volume compared to the usual for a given individual.

FOOD CRAFT INSTITUTE, AMU CAMPUS ALIGARH
ACADEMIC YEAR 2022-23

COURSE : Post Graduate Diploma in Dietetics & Hospital Food Service

SUBJECT : Sports Nutrition

TIME ALLOWED : 3 Hours

Semester/Term: IInd Semester/End Term

MAX. MARKS: 100

(Marks allotted to each question are given in brackets)

Q.1. Explain the Health-related components of physical fitness? (10)

OR

Explain the Skill- related components of physical fitness

Q.2. Differentiate between any two of the following- (2x5=10)

- A) Acute and chronic adaptations to exercise.
- B) Hard and soft tissue injuries.
- C) Hypotonic and Hypertonic sports drinks.

Q.3. Describe the effects of exercise on the Respiratory system or Cardiovascular system ? (10)

OR

What are the important guidelines for hydration? Explain and enlist the important symptoms of dehydration.

Q.4. Explain any two of the following- (2x5=10)

- A) Scope of sports science
- B) Types of Muscle fibers
- C) Carbohydrate loading

Q.5. Briefly explain any two of the following- (2x5=10)

- A) Types of Ergogenic Aids
- B) Female athlete triad
- C) Functional food

Q.6. What is the role of protein in exercise and what is the recommended diet after exercise? (10)

OR

Explain the principles of nutrition. Write in brief about macro and micronutrients with examples.

Q.7. Write short note on any two of the following – (2x5=10)

- A) Principles of training
- B) Transient Hypoglycaemic
- C) Electrolyte replacement in Athletes

Q.8. Explain the basics of nutritional intake during Pre-event or Post-event meals. (10)

Q.9. What are the strategies adopted by companies for the advertisement of products? Explain how One can become a smart consumer. (10)

OR

Explain different types of sports injuries with suitable examples.

Q.10. Fill in the blanks.

- 1) drugs impair exercise performance.
- 2) Erythropoietin is a hormone produced by to stimulate RBC production.
- 3) Full form of ORS is
- 4) Increased level of hormone Stimulates glands for sweating.
- 5) Colle's fracture occurs in
- 6) is a tough, fibrous, cord-like tissue that connects muscle to bone
- 7) Clinical features of Diabetes Mellitus is, and
- 8) Sports drinks are also known as
- 9) The word means porous bone.
- 10) Full form of GDM is

-----X-----X-----

FOOD CRAFT INSTITUTE, AMU CAMPUS ALIGARH
ACADEMIC YEAR 2022-23

COURSE : Post Graduate Diploma in Dietetics & Hospital Food Service

SUBJECT : Sports Nutrition

TIME ALLOWED : 3 Hours

Semester/Term: IInd Semester/End Term

MAX. MARKS: 100

(Marks allotted to each question are given in brackets)

- Q.1. Explain the Health-related components of physical fitness? (10)
OR
Explain the Skill- related components of physical fitness
- Q.2. Differentiate between any two of the following- (2x5=10)
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- Q.3. Describe the effects of exercise on the Respiratory system or Cardiovascular system ? (10)
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What are the important guidelines for hydration? Explain and enlist the important symptoms of dehydration.
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C) Functional food
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- 9) The word means porous bone.
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-----X-----X-----

