

**THIRD SEMESTER M.A./M.Sc./M.Com. DEGREE (REGULAR) EXAMINATION
NOVEMBER 2020**

(CBCSS)

Home Science—Nutrition and Dietetics

HND 3E 01 (03)—NUTRITIONAL COUNSELLING AND EDUCATION

(2019 Admissions)

Time : Three Hours

Maximum : 30 Weightage

Section A*Answer at least three questions.**Each question carries 2 weightage.**All questions can be attended.**Overall Ceiling 6.*

1. Distinguish between immediate and long term counselling.
2. What are referral services ?
3. Define motivation and attention.
4. What is meant by crisis counselling ?
5. Jot down the areas to be touched upon in geriatric counselling.
6. What is meant by gestalt therapy ?
7. Define psychotherapy.

(3 × 2 = 6 weightage)

Section B*Answer at least three questions.**Each question carries 4 weightage.**All questions can be attended.**Overall Ceiling 12.*

8. Enumerate the goals of counselling.
9. Brief on counselling ethics required for a counsellor.
10. Highlight the factors influencing counsellor counselee relationship .

Turn over

11. Discuss the types of memory.
12. Discuss in short on client centred therapy.
13. Elaborate on the importance of counselling children and adolescents.
14. How does psychoanalysis help to remediate people in distress ?

(3 × 4 = 12 weightage)

Section C

*Answer at least two questions.
Each question carries 6 weightage.
All questions can be attended.
Overall Ceiling 12.*

15. Illustrate the different types of counselling and explain in detail.
16. Discuss in detail on the approaches and methods adopted to counsel families on planning families and tiding critical situations.
17. Brief on the Gestalt principles of perception.
18. Enumerate the various strategies, skills and principles necessary for effective counselling.

(2 × 6 = 12 weightage)

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Home Science - Nutrition and Dietetics

HND 3C 12—PAEDIATRIC NUTRITION

(2019 Admissions)

Time : Three Hours

Maximum : 30 Weightage

Section A*Answer at least three questions.**Each question carries 2 weightage.**All questions can be attended.**Overall Ceiling 6.*

1. Triple Vaccine.
2. Immunization schedule during infancy.
3. Lactose intolerance.
4. What is ADHD ?
5. Define LBW and its implications.
6. ARF.
7. Respiratory distress in babies.

(3 × 2 = 6 weightage)

Section B*Answer at least three questions.**Each question carries 4 weightage.**All questions can be attended.**Overall Ceiling 12.*

8. Explain different types of seizures.
9. Give an account of feeding methods to premature babies.
10. Discuss the deficiency symptoms of VAD.
11. Explain food based approaches to treat PEM.
12. Discuss the strategies for management of underweight children.

Turn over

13. Explain nutritional benefits of breast milk.
14. Discuss briefly the management of children with AIDS.

(3 × 4 = 12 weightage)

Section C

*Answer at least two questions.
Each question carries 6 weightage.
All questions can be attended.
Overall Ceiling 12.*

15. Describe the techniques for assessing the nutritional status of an infant.
16. Explain childhood obesity, complications and its short term and long term consequences and management strategies.
17. Explain the management of different types of diarrhea.
18. Explain Protein Energy Malnutrition under the following heads : a) Etiology b) Types c) Consequences.

(2 × 6 = 12 weightage)

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Home Science—Nutrition and Dietetics
HND 3C 11—COMMUNITY NUTRITION
(2019 Admissions)

Time : Three Hours

Maximum : 30 Weightage

Section A

*Answer at least three questions.
Each question carries 2 weightage.
All questions can be attended.
Overall Ceiling 6.*

1. Enrichment.
2. Objectives of CFTRI.
3. Green revolution.
4. Iron deficiency anaemia.
5. Indirect methods to assess nutritional status.
6. School Lunch Programme.
7. Role of NNMB to combat malnutrition.

(3 × 2 = 6 weightage.)

Section B

*Answer at least three questions.
Each question carries 4 weightage.
All questions can be attended.
Overall Ceiling 12.*

8. Discuss on the nature, importance and methods of nutrition education.
9. What are the objectives of NIN ?
10. Write a note on any four dietary survey methods used for assessment of nutritional status.
11. Write on the spectrum of IDD.
12. Discuss briefly on food fortification.

Turn over

13. Differentiate Kwashiorkor and Marasmus.
14. Discuss on the factors leading to malnutrition.

(3 × 4 = 12 weightage)

Section C

*Answer at least two questions.
Each question carries 6 weightage.
All questions can be attended.
Overall Ceiling 12.*

15. Explain the WHO classification of vitamin A deficiency.
16. Briefly discuss on the nutritional intervention programmes prevalent in our country.
17. Write on anthropometric measurements used to assess the nutritional status of children.
18. Explain food security under the following headings.
 - (a) Definition.
 - (b) Dimensions.
 - (c) Factors affecting food security.

(2 × 6 = 12 weightage)

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EXAMINATION, NOVEMBER 2020**

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Home Science–Nutrition and Dietetics

HND 3C 10—VITAMINS AND MINERALS

(2019 Admissions)

Time : Three Hours

Maximum : 30 Weightage

Section A

*Answer at least three questions.
Each question carries 2 weightage.
All questions can be attended.
Overall Ceiling 6.*

1. Hyperkalemia.
2. Skeletal fluorosis.
3. Wilson's disease.
4. Koilonychia.
5. Osteomalacia.
6. Hemosiderosis.
7. Pernicious anaemia.

(3 × 2 = 6 weightage)

Section B

*Answer at least three questions.
Each question carries 4 weightage.
All questions can be attended.
Overall Ceiling 12.*

8. What are the factors affecting absorption of iron.
9. Explain on the types of beri-beri.

Turn over

10. Discuss on the deficiency and sources of riboflavin.
11. Write a note on osteoporosis.
12. Elaborate on the functions and deficiency of Zinc.
13. Briefly discuss on Vitamin A Deficiency.
14. Discuss the hormonal regulation of calcium absorption.

(3 × 4 = 12 weightage)

Section C

*Answer at least two questions.
Each question carries 6 weightage.
All questions can be attended.
Overall Ceiling 12.*

15. Explain xenobiotics under the following heads :
 - (a) Classification ; (b) Effects ; and (c) Metabolism.
16. Explain on the Spectrum of IDD and the strategies to combat IDD.
17. Discuss vitamin C under the following heads :
 - (a) Functions ; (b) Sources (c) RDA ; and (d) Deficiency.
18. Discuss on the types of anaemia and its preventive measures.

(2 × 6 = 12 weightage)