

**THIRD SEMESTER M.Sc. DEGREE (REGULAR/SUPPLEMENTARY)  
EXAMINATION, NOVEMBER 2021**

(CBCSS)

Home Science–Nutrition and Dietetics

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

(2019 Admission onwards)

Time : Three Hours

Maximum : 30 Weightage

**General Instructions**

1. *In cases where choices are provided, students can attend all questions in each section.*
2. *The minimum number of questions to be attended from the Section / Part shall remain the same.*
3. *The instruction if any, to attend a minimum number of questions from each sub section / sub part / sub division may be ignored.*
4. *There will be an overall ceiling for each Section / Part that is equivalent to the maximum weightage of the Section / Part.*

**Part A**

*Answer any four questions, each in one paragraph.*

*Each question carries a weightage of 2.*

1. Give an account of directive counselling.
2. Differentiate between crisis counselling and facilitative counselling.
3. Give a note on client centered therapy.
4. Enlist the issues in which a person needs the help of a counsellor.
5. Give a note on gestalt theory.
6. What is core counselling ?
7. What is the meaning of follow up service ?

(4 × 2 = 8 weightage)

**Part B**

*Answer any four questions, each within one page.*

*Each question carries a weightage of 3.*

8. What are the factors influencing the relationship of counselor and counselee.
9. Write short notes on professional ethics in counselling.
10. Give a note on the goals of counselling.
11. Discuss on the specific skills required for a counselor.
12. Explain developmental Counselling.
13. How does psychoanalysis help to remediate people in distress ?
14. Bring out the importance of counselling for an HIV patient.

(4 × 3 = 12 weightage)

**Part C**

*Answer any two questions.*

*Each question carries a weightage of 5.*

15. Explain the concept, need and meaning of counselling ?
16. Describe the Importance of geriatric counselling and the points we must remember while counselling them.
17. How do you counsel a patient with cancer ? Explain the techniques you adopt for the same.
18. "Counselling is a face to face relationship in which growth takes place" Discuss the objectives and importance of counselling in the light of the given statement.

(2 × 5 = 10 weightage)

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**Part A**

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(4 × 2 = 8 weightage)

**Part B**

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(4 × 3 = 12 weightage)

**Part C**

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Home Science – Nutrition and Dietetics

HND 3C 12—PEDIATRIC NUTRITION

(2019 Admission onwards)

Time : Three Hours

Maximum : 30 Weightage

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**Part A**

*Answer any four questions in one or two sentences.  
Each question carries 2 weightage.*

1. Autism.
2. LBW babies.
3. Rickets.
4. Cyanosis.
5. Meconium.
6. Fat absorption test diet.
7. SAM.

(4 × 2 = 8 weightage)

**Part B**

*Answer any four questions in a paragraph.  
Each question carries 3 weightage.*

8. Write on childhood obesity and its nutritional management.
9. Write the immunization schedule.

**Turn over**

10. Explain jaundice and its nutritional management.
11. Write on physiological development during infancy.
12. Write on types of anaemia and its nutritional management.
13. Write on factors to be considered while weaning.
14. Discuss briefly on danger signs of newborn babies.

(4 × 3 = 12 weightage)

### Part C

*Answer any two questions.  
Each question carries 5 weightage.*

15. Describe the anthropometric techniques for assessing the nutritional status of an infant.
16. Write on major gastrointestinal disorders in children and its nutritional management.
17. Explain the significance of breast feeding with special reference to immunological benefits.
18. Explain strategies for managing feeding problems in preterm babies.

(2 × 5 = 10 weightage)

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

Time : Three Hours

Maximum : 30 Weightage

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**Part A**

*Answer any four questions, each in one paragraph.  
Each question carries a weightage of 2.*

1. Tryptophan load test.
2. BMI and its classification.
3. Blue revolution.
4. Biochemical tests for assessing vitamin A.
5. NIN.
6. PDS.
7. Clinical manifestations of thiamine and riboflavin deficiency.

(4 × 2 = 8 weightage)

**Part B**

*Answer any four questions, each within one page.  
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8. Discuss on the spectrum of iodine deficiency disorders.
9. What are strategies to overcome malnutrition in India.

**Turn over**

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

Time : Three Hours

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**Part A**

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3. Blue revolution.
4. Biochemical tests for assessing vitamin A.
5. NIN.
6. PDS.
7. Clinical manifestations of thiamine and riboflavin deficiency.

(4 × 2 = 8 weightage)

**Part B**

*Answer any four questions, each within one page.  
Each question carries a weightage of 3.*

8. Discuss on the spectrum of iodine deficiency disorders.
9. What are strategies to overcome malnutrition in India.

**Turn over**



10. Write a note on the role of WHO and UNICEF.
11. Write on the methods and problems of Nutrition education programmes.
12. Discuss briefly on types and intervention programmes to combat anaemia.
13. Differentiate Kwashiorkor and Marasmus.
14. Discuss on the factors leading to malnutrition.

(4 × 3 = 12 weightage)

### Part C

*Answer any two questions.  
Each question carries a weightage of 5.*

15. Define food security. Explain the indicators of food security.
16. Elaborate on dietary survey used to assess the nutritional status.
17. Write Vitamin A deficiency under the following headings.
  - a) WHO classification.
  - b) Biochemical tests to assess vitamin A deficiency.
18. Write on anthropometric measurements used to assess the nutritional status of children.

(2 × 5 = 10 weightage)

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Home Science–Nutrition and Dietetics

HND 3C 10—VITAMINS AND MINERALS

(2019 Admission onwards)

Time : Three Hours

Maximum : 30 Weightage

**General Instructions**

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**Part A**

*Answer any four questions, each in one paragraph.*

*Each question carries a weightage of 2.*

1. Megaloblastic anaemia.
2. Menkes disease.
3. Hyponatremia.
4. Pellagra.
5. Osteomalacia.
6. Hyperthyroidism.
7. Antivitamins.

(4 × 2 = 8 weightage)

**Turn over**

**Part B**

*Answer any four questions, each within one page.*

*Each question carries a weightage of 3*

8. Briefly discuss on electrolyte imbalance.
9. Explain on the spectrum of IDD.
10. Discuss on the functions, deficiency and sources of Vitamin C.
11. Write a note on osteoporosis.
12. Elaborate on the functions and deficiency of Zinc.
13. Significance of folic acid during pregnancy.
14. Discuss on the factors that affect iron absorption.

(4 × 3 = 12 weightage)

**Part C**

*Answer any two questions.*

*Each question carries a weightage of 5.*

15. Discuss on the types of anaemia and its preventive measures.
16. Define detoxification. Briefly explain the various detoxification mechanisms in the body.
17. Discuss vitamin A under the following heads :
  - (a) Functions ; (b) Sources ; and (c) Deficiency.
18. Elaborate fluorine under the following heads :
  - (a) Functions ; (b) Absorption ; (c) Toxicity ; (d) Sources.

(2 × 5 = 10 weightage)