

Rajiv Gandhi University of Health Sciences

IV Year B.N.Y.S Degree Examination – SEP-2019

Time: Three Hours

Max. Marks: 80 Marks

Fasting Therapy and Dietetics (RS-3)**QP Code: 2546****(QP contains two pages)**

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary.

Section - A

Multiple Choice Questions**10 X 1 = 10 Marks**

1. An example of Acidic food
 - a) Papaya
 - b) Jaggery
 - c) Bread
 - d) Both a and b
2. Calorific value of Guava
 - a) 68Kcal
 - b) 69Kcal
 - c) 67Kcal
 - d) 66Kcal
3. Beri-Beri is
 - a) Riboflavin deficiency
 - b) Thiamine deficiency
 - c) Niacin deficiency
 - d) None of the above
4. Botanical name of Apple
 - a) Litchi chinensis
 - b) Musa paradisiaca
 - c) Punica granatum
 - d) Malus sylvestris
5. Anthocyanins present in
 - a) Green leafy vegetables
 - b) Red grapes
 - c) Onion
 - d) All of the above
6. Amchur valuable in treatment of
 - a) Megaloblastic Anaemia
 - b) Scurvy
 - c) Night blindness
 - d) Diarrhea
7. Dice in cooking method is
 - a) To chop roughly
 - b) Combining two or more ingredients
 - c) Cover with a thin layer
 - d) To cut into small even cubes
8. Phosphorous important in case of
 - a) Bones and teeth
 - b) Nails and skin
 - c) Nervous tissue
 - d) All the above
9. Vitamin A rich fruit
 - a) Papaya

Rajiv Gandhi University of Health Sciences

- b) Musumbi
 - c) Grapes
 - d) Pomogranate
10. Allicin present in
- a) Garlic
 - b) Beetroot
 - c) Carrot
 - d) Potato

Section B

LONG ESSAYS (Answer any two)

2 X 10 = 20 Marks

- 11. Acute disease and fasting
- 12. Dietetic principles in Naturopathy
- 13. Explain about food allergies and diet.

SHORT ESSAYS (Answer any ten)

10 X 5 = 50 Marks

- 14. Difference between Fasting and Starvation
- 15. Hibernation and Aestivation
- 16. Emotional state and diet
- 17. Significance of fasting in fever
- 18. Diet in Bronchial Asthma
- 19. Explain healing crisis.
- 20. Importance of Naturopathy diet
- 21. Vitamin A
- 22. Sample menu for Gastritis
- 23. Role of exercise during Fasting
- 24. Dietary requirement in Adolescence
- 25. Importance of green leafy vegetables

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