



# LOYOLA COLLEGE (AUTONOMOUS), CHENNAI – 600 034

**M.Sc. DEGREE EXAMINATION – FOOD CHEMISTRY AND FOOD PROCESSING**

**SECOND SEMESTER – APRIL 2023**

**PFP2ME02 – MANAGEMENT OF LIFESTYLE DISEASES**

Date: 10-05-2023

Dept. No.

Max. : 100 Marks

Time: 01:00 PM - 04:00 PM

## SECTION A – K1 (CO1)

**Answer ALL the questions**

**(5 x 1 = 5)**

**1. Definitions**

- a) Anthropometry
- b) Epidemic disease
- c) Obesity
- d) Gestational diabetes
- e) Metabolic syndrome

## SECTION A – K2 (CO1)

**Answer ALL the questions**

**(5 x 1 = 5)**

**2. Fill in the blanks**

- a) Availability, Accessibility and \_\_\_\_\_ are important determinants of health services.
- b) Syndrome is a collection of \_\_\_\_\_.
- c) Hypertension is called a \_\_\_\_\_.
- d) Overfeeding must be avoided to minimize the risk of \_\_\_\_\_.
- e) Diabetes is referred to as \_\_\_\_\_ in Nutrition Care Process (NCP).

## SECTION B – K3 (CO2)

**Answer any THREE of the following in 300 words**

**(3 x 10 = 30)**

- 3. Examine the details that are enlisted under historical and dietary assessment in NCP.
- 4. Explain the types, characteristics, and risk factors of Non-Communicable Diseases.
- 5. Illustrate the pathogenesis of hypertension with a neat diagram.
- 6. Illustrate the progression of cancer cells and types of cancer.
- 7. Explain the importance of sleep and its impact on mental health.

## SECTION C – K4 (CO3)

**Answer any TWO of the following in 500 words**

**(2 x 12.5 = 25)**

- 8. Examine the different stages of Nutrition Care Process and highlight the significance of the Monitoring and Evaluation.
- 9. Classify different types of Communicable Diseases (CDs) with suitable examples. Suggest measures to overcome the spread of CDs in a community.
- 10. Describe the pathophysiology of obesity and list various measures to diagnose.
- 11. Explain the etiology of diabetes mellitus type 1 and type 2 and list the diagnostic criteria.

**SECTION D – K5 (CO4)**

**Answer any ONE of the following in 750 words**

**(1 x 15 = 15)**

- |     |   |
|-----|---|
| 12. | Evaluate the differences between Communicable and Non-Communicable diseases. Illustrate the spread of pathogens in a community. |
| 13. | Enumerate the nutritional guidelines to be followed during cancer treatment and cancer preventive diet.                         |

**SECTION E – K6 (CO5)**

**Answer any ONE of the following in 1000 words**

**(1 x 20 = 20)**

- |     |  |
|-----|--|
| 14. | Discuss the concepts of health and health indicators with examples.                    |
| 15. | Summarize the components of therapeutic lifestyle changes in reducing the risk of CHD. |

#####