

Exam Code: 510013

Paper Code: 3287

Programme: Bachelor of Vocation (Nutrition and Dietetics)

Semester: III

Course Title: Soft Skills and Communication

Course Code: BVNL-3101 ✓

TIME: 3 Hours.

Max. Marks: 70

NOTE: Attempt five questions in all, selecting at least one question from each section. Fifth question may be attempted from any section. Each question carries 14 marks.

Section - A

1. Explain Intensive Reading Skills. (14)
2. Read the following passage carefully and answer the questions that follow:

Most of the people who appear in history books are great conquerors and generals. Strangely enough, the people who really helped civilization forward are often not mentioned at all. We do not know who first made the first boat or calculated the length of the year, but we know all about our killers and destroyers. We raise statues to them, simply because they fought bravely. But even animals fight. So do savages. To fight is not to be civilized.

Moreover, there are other ways of settling quarrels among men and nations. So, really civilized people are those who have brought peace and happiness to mankind. They have been prophets, saints, doctors, inventors and discoverers. They have been truly great since. Instead of inflicting pain and hardships upon humanity, they have healed their wounds. Instead of killing, they have saved human life. They are really civilized and deserve our admiration and respect.

Questions:-

- a) What kind of people generally appear in history books? (3)
- b) Who are not mentioned in the history book at all? (2)
- c) In what ways are killers and destroyer similar to animals and savages? (3)
- d) How have civilized people helped mankind? (3)
- e) Who are worthy of our respect and admiration? (3)

Section - B

- 3. What is a sentence and how is it formed? Illustrate with suitable examples. (14)
- 4. Fill in the blanks with proper form of words given in the bracket:
 - a) Some student become _____ at the time of examination. (fever)
 - b) I was _____ pleased with his good manners. (immense)
 - c) He showed great _____. (patient)
 - d) My friend wanted me to _____ him to witness the cricket match. (company)
 - e) _____ can overcome mountains. (persevere)
 - f) '_____ before self' should be the motto in life. (serve)
 - g) There is no _____ among rotten apples. (choose)
 - h) Smoking is _____ to health. (injury)
 - i) This book is useful _____ to our library. (add)
 - j) I _____ you there is no danger. (sure)
 - k) We must show _____ towards animals. (kind)
 - l) There is keen _____ in every trade. (compete)
 - m) There is no _____ between them. (compare)
 - n) He received a _____ ticket. (compliment) (1 X 14 = 14)

Section - C

- 5. a) Write some guidelines for effective writing. (7)
- b) Write a paragraph on "No pains, No gains". (7)

6. a) Write a letter to the Police Office reporting a fight in the street.

(7)

b) What is memo? What are the purposes of writing a memo? (7)

Section - D

7. a) Give an introduction to goal setting. Illustrate your answer with suitable examples. (7)

b) What are the objectives of Team Building? (7)

8. a) Why is communication important? What is the role of thinking in communication? (7)

b) What are time management skills? Elaborate. (7)

Exam Code: 510013

Paper Code: 3288

Programme: Bachelor of Vocation

(Nutrition and Dietetics) Semester: III

Course Title: Meal Management

Course Code: BVNM-3282 ✓

Time Allowed: 3 Hours

Max Marks: 50

Note: Attempt five questions in all, selecting atleast one question from each section. Fifth question may be attempted from any section. Each question carries 10 marks.

Section – I

1. What is Balanced Diet? What are the factors affecting balanced diet?
2. Define RDA. Write its Objectives.

Section – II

3. What is Meal Planning? What are the factors affecting meal planning?
4. What are the nutritional requirements for an adult male who is a heavy worker?

Section – III

5. What are the Physiological changes that take place during Pregnancy?
6. Plan a day diet for an old man and also write its nutritional requirements.

Section – IV

7. What are the nutritional requirements of a school going boy?
8. Write the advantages and disadvantages of Breast Feeding.

Exam Code: 510013

Paper Code: 3289

Programme: Bachelor of Vocation (Nutrition and Dietetics)

Semester: III

Course Title: Food Microbiology

Course Code: BVNM-3283

TIME: 3 Hours.

Max. Marks: 50

NOTE: Attempt five questions, selecting at least one question from each section. Fifth question may be attempted from any section. Each question carries 10 marks.

Section - A

1. Compare the general characteristics of bacteria, fungi, viruses, protozoa, and algae, highlighting one unique feature for each.
2. How do environmental factors such as pH, temperature, water activity, and oxygen availability affect microbial growth? Provide examples of microorganisms adapted to extreme conditions.

Section - B

3. Explain the common sources of microbial contamination in food. How do microorganisms enter cereals, vegetables, fruits, and meat?
4. Discuss the effects of microbial contamination on perishable foods such as milk, milk products, eggs, and poultry. How does spoilage affect safety and quality?

Section - C

5. Discuss the preventive measures and control strategies to reduce waterborne, airborne, soil-borne, and sewage-related diseases. Provide examples of key microorganisms involved.
6. Discuss how microbiological standards are applied to different food products and the role they play in monitoring contamination and spoilage.

Section - D

7. Explain the role of microorganisms in the production of fermented foods such as bread and malt beverages.
8. Describe the common sources of microbial contamination in foods and the types of toxins produced by microorganisms.

Exam Code: 510013

Paper Code: 3290 – R

**Programme: Bachelor of Vocational (Nutrition and
Dietetics) Semester- III**

Course Title: Diabetes Education – I

Course Code: BVNM-3284 ✓

Time Allowed: 3 Hours

Max. Marks: 50

Note: Attempt five questions in all, selecting one question from each section. Fifth question may be attempted from any section. Each question carries 10 marks.

SECTION – A

1. Define the term Diabetes Mellitus? Explain in detail various types of Diabetes?
2. List four Secondary Risk Factors (modifiable lifestyle factors) that significantly increase the risk of Type 2 Diabetes

SECTION – B

3. Describe Diabetic Neuropathy. Give two common examples of how nerve damage affects a patient's body, especially the feet.
4. Briefly explain the link between high blood glucose levels and poor wound healing in diabetic patients

SECTION – C

5. List and briefly explain four essential Safety Measures a patient must follow when using an insulin injection
6. Define Hypoglycemia. List four immediate signs that indicate a person is experiencing this condition

SECTION – D

7. Explain why Eye Care is critical for diabetic patients. What type of medical specialist should they visit regularly?
8. List and briefly describe four important daily practices a diabetic patient should follow for proper Foot Care.

Exam Code: 510013

Paper Code: 3290

Programme: Bachelor of Vocation (Nutrition and Dietetics)

Semester: III

Course Title: Diabetes Education - I

Course Code: BVNM-3284

TIME: 3 Hours.

Max. Marks: 50

NOTE: Attempt five questions, selecting at least one question from each section. Fifth question may be attempted from any section. Each question carries 10 marks.

SECTION – A

1. Define Diabetes Mellitus. Describe the main problem in the body that causes blood sugar levels to become high.
2. Define Prediabetes and describe how the following two conditions are classified under it:
Impaired Glucose Tolerance (IGT) and Impaired Fasting Glucose (IFG).

SECTION – B

3. What is Diabetic Nephropathy? Explain how uncontrolled high blood sugar damages the kidneys over time
4. Explain Diabetic Retinopathy. What major problem can this complication eventually cause if left untreated?

SECTION – C

5. Explain the difference between Fasting Blood Glucose (FBG) and Random Blood Glucose (RBG) tests. Which test is more useful for immediate screening?
6. List the three main types of Insulin based on their speed of action and give one key function for each type.

SECTION - D

7. What is the role of Weight Management in the treatment of Type 2 Diabetes? Briefly explain the benefit of even a small amount of weight loss.
8. List four key areas/tests that must be included in the Biochemical Assessment during the initial evaluation and follow-up of a diabetic patient.

Exam Code: 510013

Paper Code: 3291

Programme: Bachelor of Vocation (Nutrition and Dietetics)

Semester: III

Course Title: Technology in Nutrition and Dietetics

Course Code: BVNM-3285

TIME: 3 Hours.

Max. Marks: 40

NOTE: Attempt five questions, selecting at least one question from each section. Fifth question may be attempted from any section. Each question carries 8 marks.

Section A

1. What are various ways to create, save and open a document in MS Word? Discuss in detail.
2. Write a short note on the following: -
 - a) Technology used in Nutrition and Dietetics
 - b) Windows Accessories

Section B

3. Discuss Power Point Views in detail.
4. How can we add multimedia and apply animations to slides in Power Point. Explain.

Section C

5. Discuss Data Analysis using different statistical parameters in detail.
6. Write steps of Creating and Saving sheets in MS Excel.

Section D

7. Write a detailed note on Search Engines.
8. What is Internet? How it works?