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FNDFNO 289

**Choice Based Credit System IV Semester B.Sc. (FND) Degree
Examination, September 2022
(2020 – 21 Batch Onwards)
LIFE STYLE DISORDERS
(Open Elective)**

Time : 2 Hours

Max. Marks : 40

PART – A

I. Answer in brief on **any five** of the following :

(5×2=10)

- 1) a) What are functional foods ?
- b) List any two uses of weight loss.
- c) List any two minerals important in diet.
- d) What do you mean by hypertension ?
- e) What causes diabetes mellitus ?
- f) Define obesity.

PART – B

II. Answer the following questions :

(2×15=30)

- 2) a) Write a short note on the complications involved in diabetes mellitus. **3**
- b) Discuss about the dietary principles involved in obesity. **5**
- c) Explain in detail :
 - i) Set point theory
 - ii) Fat cell theory. **7**

OR

P.T.O.



- 3) a) Enlist the symptoms of diabetes mellitus. **4**
- b) Write a brief note on the benefits of physical exercise in the management of obesity. **4**
- c) Explain in detail eating habit as a cause for obesity. **7**

- 4) a) Write a note on DASH diet. **3**
- b) Define atherosclerosis. Add a note on its risk factors. **5**
- c) Explain in detail dietary management of hypertension. **7**

OR

- 5) a) What are the causes of hypertension ? **4**
 - b) Explain in detail the types and symptoms of hypertension. **4**
 - c) Explain the dietary guidelines and management of atherosclerosis. **7**
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