

ROYAL CIVIL SERVICE COMMISSION

CIVIL SERVICE COMMON EXAMINATION(CSCE) 2011

EXAMINATION CATEGORY: TECHNICAL

PAPER III: SUBJECT SPECIALIZATION PAPER FOR FOOD AND NUTRITION

DATE : 30TH OCTOBER 2011
TOTAL MARKS : 100
EXAMINATION TIME : 2.5 HOURS
READING TIME : MINIMUM 15 MINUTES(PRIOR TO EXAM TIME)

INSTRUCTIONS

1. Write your roll number clearly on answer booklet in the space provided.
2. The first 15 minutes is being provided to check the number of pages, printing errors, clarify doubts and to read the instructions. You are not permitted to write during this time.
3. Use either Blue or Black ink for the written part
4. All answers should be written on the Answer booklet provided. Candidates are not allowed to write anything on the question paper.
5. This question Booklet consists of 7 pages. It is divided into two sections. Section A (50 marks) and Section B (50 marks)
6. Section A consists of two parts, Part i and Part ii.
 - Part I consists of 30 multiple choice questions carrying (1 mark) each and is compulsory.
 - Part ii consists of four short answer questions of (5 marks) each and all questions are compulsory.
7. Section B has two questions out of which you are required to do only ONE question (50 marks)

Section A

Part I: Multiple choice (The answer of your choice should be clearly written **in whole** along with the question and option number on your answer booklet)

1. Nutrition Program under Department of Public health was established in the year
 - a) 1983
 - b) 1984
 - c) 1985

2. World breastfeeding week is observed during the
 - a) 2nd week of May
 - b) 1st week of July
 - c) 1st week of August

3. Colored rice contains pigments known as
 - a) Carotenoids
 - b) Anthocyanis
 - c) All of the above

4. 300ml of cooked butter milk will give -----Kcals
 - a) 40 kcals
 - b) 60 Kcals
 - c) 85 Kcals

5. Which milk is said to have high amount of fat
 - a) Breast milk
 - b) Cow milk
 - c) Buffalo milk

6. Which enzyme is responsible for the development of rancid flavors in the milk
 - a) Lipase
 - b) Phosphatase
 - c) Paracaseine

-
7. According to Bhutan Multiple Indicator survey, the stunting prevalence of the country is
- a) 33.2%
 - b) 33.4%
 - c) 33.5%
8. Indicator used to rule out stunting is
- a) Weight for age
 - b) Height for age
 - c) Weight for height
9. According to WHO, complementary food should be given to the babies at
- a) 4 months of age
 - b) 6 months of age
 - c) 8 months of age
10. A 25 years old man, who has undergone a surgery of fracture should be given
- a) liquid diet
 - b) Clear liquid diet
 - c) Atkins diet
11. 1 gram of fat will give
- a) 4 kcals
 - b) 5 kcals
 - c) 9 kcals
12. Banana releases-----gas to help ripen itself
- a) Ethylene
 - b) Methylene
 - c) Carbondioxide
13. The normal specific gravity of the milk is
- a) 1.02
 - b) 1.03
 - c) 1.04

14. Enzyme which is used as a stabiliser in the beer and other beverages and also as meat tenderiser
- a) Papain
 - b) Anthocyanase
 - c) Glycosidases
15. Recommended salt intake per day is
- a) 1500mg
 - b) 1000mg
 - c) 2500mg
16. Cholesterol level in the diet should not exceed
- a) 200mg
 - b) 300mg
 - c) 400mg
17. Vitamin A supplement is given to school children of
- a) 5-7 years
 - b) 5-10 years
 - c) 10-19 years
18. Deficiency of vitamin B 12 causes
- a) Megaloblastic anaemia
 - b) Pernicious anaemia
 - c) Iron deficiency Anaemia
19. 1 serving of cooked rice is
- a) $\frac{1}{4}$ cup rice
 - b) $\frac{1}{2}$ cup rice
 - c) 1 cup rice
20. Calcium deficiency causes
- a) Rickets and Osteomalcia
 - b) Tetany
 - c) All of the above

-
21. Iodized salt coverage in Bhutan as of now is
- a) 100%
 - b) 98%
 - c) 95%
22. Insulin deficiency in the body causes increase in
- a) Blood cholesterol
 - b) Blood Sugar
 - c) All of the above
23. Infantile beri beri is caused due to deficiency in
- a) Niacin
 - b) Thiamine
 - c) Riboflavin
24. Which is the water soluble vitamin
- a) Vitamin A
 - b) Vitamin B
 - c) Vitamin D
25. Which of the following is still a major public health problem in Bhutan
- a) Iodine deficiency Disorder
 - b) Iron Deficiency anemia
 - c) Vitamin A deficiency
26. Thursdays in school is declared as the
- a) Green day
 - b) Fasting day
 - c) Iron day
27. Bhutan is declared as having eliminated IDD as a public health problem in the year
- a) 2001
 - b) 2003
 - c) 2005

-
28. An adult weighing 10% more than standard weight is
- Overweight
 - Mild obesity
 - Moderate obesity
29. Animal food contains
- Saturated fats
 - Unsaturated fats
 - Trans fats
30.sugar is thirty times sweeter than sucrose
- Cyclamate
 - Alitame
 - Aspartame

Section A Part ii: Answer all the four questions(20 marks)

1. If a patient happens to have blood cholesterol of <140mg/dl , random blood sugar of > 250 mg/dl , creatinin of 3.5mg/dl and has a pressure of 150/100 mm of Hg. What kind of Diet would you prescribe as a dietician? Plan a day's menu for the patient.....(5 marks)
2. Draw a table showing deficiency of Vitamin A,B1, D, E and K and write down the vitamin rich sources for each (5 marks)
3. Write down the ways to assess nutritional status? (5 marks)
1. Difference between enteral and parenteral feeding? (5 mark)

Section B Part iii Long Answer Question (50 marks)

Question i

1. Define therapeutic diet? (3 marks)
2. Elaborate on the different types of therapeutic diets considering the energy, protein and fats each would provide? (15marks)
3. What do you understand by tube feeding and what kind of patients needs this kind of feed? (6 marks)
4. What are the different types of food that can be given through tube feeding? (6 marks)

5. What are the feeding requirements for tube feeding? (5 marks)
6. Supposing a patient with Diabetes, hypertension and heart disease from a low income comes to you, what kind of therapeutic diet would you prescribe? Write down the principles of diet, dietary suggestion for the same and plan a menu considering his economic status and his life style (15 marks)

OR

Question ii

1. What do you mean by hypertension? What are the causes, types and symptoms of hypertension? (10 marks)
2. A patient whose blood pressure is 160/100 mm of Hg comes to your clinic, how would you advise him? Plan a diet stating down the principles of diet, Dietary management, food to be restricted, and life style modification to manage hypertension. Also explain the DASH diet to the patient (10 marks)
3. Elaborate the causes of anemia in different age groups? In Bhutan what are the interventions taken by the government to curb this problem (10 marks)
4. Discuss the iron deficiency and megaloblastic anemia under the following?(Aetiology, Diagnosis, Clinical findings) (20 marks)