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**Bachelor of Naturopathy & Yogic Science (B.N.Y.S.)**

**4<sup>th</sup> YEAR EXAMINATION**

**NUTRITION, DIETETICS & HERBS**

*Time : 3 Hours ]*

*[Max. Marks : 70*

*Note: Answer all the Questions. Draw diagrams/ table wherever necessary.*

1. Write the detailed note on the ICDS program of government of [10  
India. Name other nutritional programs.
2. Write an essay on co-enzymes, role in health, sources, [10  
deficiencies, on vitamin-D & nutritional management in its  
deficiency.
3. What is food adulteration. Describe in detail health maladies [10  
caused by it. Name some food adulterants commonly seen in  
markets.
4. What are different types of carbohydrates & nutritional [10  
management in type II diabetes. Write a diet prescription with  
minimal usage of carbohydrate.
5. Write a note on medicinal uses of phyllanthus niruri & tulsi. [10  
Write a herbal preparation for cold & cough.
6. What is a balanced diet. Draw a diagram of food pyramid. [10  
Give a diet chart for hypertensive patient.
7. What are the different steps involved in nutritional assessment [10  
in detail. Explain how significant it is in management of  
nutritional deficiency in a community.