

M.Sc. (DFSM)

**Master of Science in Dietetics and Food Service
Management M.Sc. (DFSM)**

2nd Year Assignment

Assignment 2

July 2025 session

**(This assignment relates to Course
MFN-005 Clinical and Therapeutic Nutrition)**

**Indira Gandhi National Open University
SCHOOL OF CONTINUING EDUCATION
Maidan Garhi, New Delhi -110 068**



Masters of Science Degree Programme in Dietetics and Food Service

Management M.Sc. (DFSM)

ASSIGNMENT 2

Dear Students,

You will have to do sixteen assignments in all to qualify for a M.Sc. (DFSM) degree. For a 2-credit theory course, you will have to do one assignment and for a 4-6 credit theory course, two assignments. All the assignments are tutor marked and each Tutor Marked Assignment carries 100 marks. The course-wise distribution of assignments is as follows:

Assignment 1 (TMA-1): based on MFN-004

Assignment 2 (TMA-2): based on MFN-005

Assignment 3 (TMA-3): based on MFN-007

Assignment 4 (TMA-4): based on MFN-009

INSTRUCTIONS

Before attempting the assignments, please read the following instructions carefully.

- 1) Write your Enrolment Number, Name, Full Address, Signature and Date on the top right-hand corner of the first page of your response sheet.
- 2) Write the Programme Title, Course Code, Title Assignment Code and Name of our Study Centre on the left-hand corner of the first page of your response sheet. Course Code and Assignment Code may be reproduced from the assignment.

The top of the first page of your response sheet should look like this:

Enrolment No.
Name.....
Address
Course Title
Assignment No
Date
Programme Study Centre

All Tutor Marked Assignments are to be submitted at the study centre assigned to you.

- 3) Read the assignments carefully and follow the specific instructions, if any, given on the assignment itself about the subject matter or its presentation.

- 4) Go through the Units on which assignments are based. Make some points regarding the question and then rearrange those points in a logical order and draw up a rough outline of your answer. Make sure that the answer is logical and coherent and has clear connections between sentences and paragraphs. The answer should be relevant to the question given in the assignment. Make sure that you have attempted all the main points of the question. Once you are satisfied with your answer, write down the final version neatly and underline the points you wish to emphasize. While solving numerical, use proper format and give working notes wherever necessary.
- 1) Use only full-scale size paper for your response and tie all the pages carefully. Avoid using very thin paper. Allow a 4 cm margin on the left and at least 4 lines in between each answer. This may facilitate the evaluator to write useful comments in the margin at appropriate places.
 - 2) *Write the responses in your own hand.* Do not print or type the answers. Do not copy your answers from the Units/Blocks sent to you by the University. If you copy, you will get zero marks for the respective question.
 - 3) Do not copy from the response sheets of other students. If copying is noticed, the assignments of such students will be rejected.
 - 4) Write each assignment separately. All the assignments should not be written in continuity.
 - 5) Write the question number with each answer.
 - 6) The completed assignment should be sent to the Coordinator of the Study Centre allotted to you. Under any circumstances, do not send the tutor marked response sheets to the Student Registration and Evaluation Division at Head Quarters for evaluation.
 - 7) After submitting the assignment at the Study centre get the acknowledgement from the coordinator on the prescribed assignment remittance-cum-acknowledgement card.
 - 8) In case you have requested for a change of Study Centre, you should submit your Tutor marked Assignments only to the original Study Centre until the change of Study Centre is notified by the University.
 - 9) If you find that there is any factual error in evaluation of your assignments e.g. any portion of assignment response has not been evaluated or total of score recorded on assignment response is incorrect, you should approach the coordinator of your study centre for correction and transmission of correct score to headquarters.

A Note of Caution

It has been noticed that some students are sending answers to Check Your Progress Exercises to the University for Evaluation. Please do not send them to us. These exercises are given to help in judging your own progress. For this purpose, we have provided the answers to these exercises at the end of each Unit. We have already mentioned this in the Programme Guide. Before dispatching your answer script, please make sure you have taken care of the following points:

- Your enrollment number, name and address have been written correctly.
- The title of the course and assignment number has been written clearly.
- Each assignment on each course has been written on separate sheets and pinned properly.
- All the questions in the assignments have been answered.

Now read the guidelines before answering questions.

GUIDELINES FOR TMA

The Tutor Marked Assignments have two parts.

Section A: Descriptive Questions (80 marks)

In this section, you have to answer eight questions (of 10 marks each). Answer each question in about 250- 300 words.

Section B: Objective Type Questions (OTQ) (20 marks)

This section contains various types of objective questions.

POINTS TO KEEP IN MIND

You will find it useful to keep the following points in mind:

- 1) **Planning:** Read the assignments carefully. Go through the units on which they are based. Make some points regarding each question and then rearrange the same in a logical order.
- 2) **Organization:** Be a little more selective and analytical. Give attention to your introduction and conclusion. The introduction must offer your brief interpretation of the question and how you propose to develop it. The conclusion must summarize your response to the question.

Make sure that your answer:

- a) is logical and coherent
 - b) has clear connections between sentences and paragraphs
 - c) is written correctly giving adequate consideration to your expression, style and presentation
 - d) does not exceed the number of words indicated in the question.
- 3) **Presentation:** Once you are satisfied with your answers, you can write down the final version for submission, writing each answer neatly and underline the points you wish to emphasize.

ASSIGNMENT 2
(TMA-2)
Clinical and Therapeutic Nutrition

Course Code: MFN-005

Assignment Code: MFN-005/AST2/TMA-2/2025-26

Last Date of Submission: 31st Januray,2026

Maximum Marks: 100

This assignment is based on Units 1 -18 of the course MFN-005.

Section A - Descriptive Questions

(80 marks)

There are eight questions in this part. Answer all questions.

1.
 - a) Draw a figure, representing the nutrition care process and its various components. (3)
 - b) Briefly discuss the role of counselling in patient care. Highlight any one strategy you will adopt for counselling. (2+2)
 - c) Calculate the basal energy expenditure of a male patient admitted to a hospital whose weight is 70 kg, height is 170 cm and age is 50 years. (3)

2.
 - a) Explain the purpose of therapeutic dietary adaptations. Name any four adaptations of the normal diet to suit therapeutic needs. (2+2)
 - b) Enumerate the common diets that are prescribed in hospital situations, giving examples (3)
 - c) List the salient features of the diet given to a tuberculosis patient? (3)

3.
 - a) What are the special feeding methods in nutrition support? Enlist their advantages. (2+2)
 - b) What is the body's physiological response to injury? List the metabolic aberrations during and after a trauma. (2+2)
 - c) List the four general principles of allergy management. (2)

4.
 - a) What guidelines would you recommend for cancer prevention ? (3)
 - b) List any four altered biochemical parameters commonly seen in obesity. (4)
 - c) Enumerate any three common eating disorders found in adults. (3)

5. Write a short note on the medical nutrition therapy for: (5+5)
 - a) Celiac disease
 - b) Inflammatory Bowel Disease

6. a) Give the classification and etiology of Diabetes Mellitus. (5)
- b) Mention any three inborn errors of protein metabolism. Give the nutrition medical therapy for any one disorder. (1.5+3.5)
7. a) What is dyslipidemia? Discuss the goals of dietary management and the dietary modifications you will recommend for dyslipidemia. (1+4)
- b) Briefly discuss the dietary recommendations for liver cirrhosis ? (5)
8. a) What amount of protein and sodium intake is recommended for chronic renal failure patient? Justify. (5)
- b) What is a ketogenic diet? Discuss its relevance in context of management of epilepsy. (5)

Section B - OTQ (Objective Type Questions)

1. Define the following in 2-3 sentences each: (10)
- Android Obesity
 - Cachexia
 - Jejunostomy
 - Homeostasis
 - Diverticulosis
 - Dysgeusia
 - Carcinogen
 - Hirsutism
 - Glycemic Index
 - MNA
2. Give examples for each of the following: (10)
- Food sources rich in branched chain amino acids
 - Water soluble fibre
 - Areas of specialization for dietitians
 - Antioxidants in Cancer prevention
 - Inborn error of Carbohydrate metabolism
 - Effect of drugs on nutritional status
 - Dietary source of Oxalate
 - MCT rich food
 - Non-Nutritive Sweeteners
 - Purine rich food