

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2018**  
**II Year III Semester**  
**Core Major - Paper IV**  
**FAMILY MEAL MANAGEMENT**

**Time : 3 Hours**

**Max.marks :75**

**Section A** ( $10 \times 2 = 20$ ) Marks

Answer any **TEN** questions

1. Who is a Reference man?
2. Define Health.
3. Define Pre-term baby.
4. List any 4 deficiencies of Vitamin A among children.
5. What are galactogogues?
6. Give the objectives of mid day meal programme.
7. Role of antioxidants. Give example.
8. Define Malnutrition. Give the classification.
9. List any four low cost supplementary foods developed in India.
10. List the importance of breakfast for school children.
11. List any four complications of pregnancy.
12. Define Balanced diet.

**Section B** ( $5 \times 5 = 25$ ) Marks

Answer any **FIVE** questions

13. Give the five food group system suggested by ICMR and explain the importance of it.
14. Define weaning. Discuss the problems in weaning.
15. Explain the role of hormones in milk production among lactating mothers.
16. Write a note on packed lunch.
17. Suggest any five recipes for an old man giving reasons.
18. List down the methods to reduce the cost of a meal.
19. Explain the principles of planning a meal.

**Section C** ( $3 \times 10 = 30$ ) Marks

Answer any **THREE** questions

20. Give the RDA of an adult woman and plan a day's diet and explain the nutritional importance during adulthood?
21. Breast milk is the best milk- explain?
22. Give the complete RDA for a pregnant woman who is in the last trimester of pregnancy. Explain the general dietary problems found in pregnancy.
23. Write the RDA for an 18 year old girl and discuss the nutritional problems seen among adolescents.
24. Why is osteoporosis common during old age? Explain the preventive methods?

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