

B.Sc. DEGREE EXAMINATION, NOVEMBER 2018
II Year III Semester
Core Major - Paper V
NUTRITION THROUGH LIFE CYCLE

Time : 3 Hours

Max.marks :75

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

Answer any **TEN** questions

1. What is meant by Reference Man and Reference Woman.
2. Define health.
3. Explain premenstrual syndrome.
4. Explain the role of folic acid during pregnancy.
5. List any 4 low cost supplementary foods developed in India.
6. What are lactogogues? Give examples.
7. Give the RDA for a female IT professional aged 30 years.
8. Define colostrums. What is the difference between foremilk and hindmilk.
9. List any 4 objectives of mid day meal programme.
10. Suggest any 2 recipes for an 80 year old man, giving reasons.
11. When is a pregnant women considered to be at nutritional risk.
12. List any 4 deficiencies of Vitamin A among children

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

Answer any **FIVE** questions

13. Write a short note on the changes in organ function and its effect on nutrition among geriatric population.
14. Describe the points to be considered in planning diets for school children.
15. Define weaning. List the problems in weaning and explain any 2 in detail.
16. Give the RDA for a five year old child. Suggest any 5 snacks for pre-school children.
17. Why anemia is common during pregnancy? What measures should be taken to prevent it.
18. What is a food exchange list? How are they used in planning diet?
19. Give the five food group system suggested by ICMR and explain the importance of it.

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

Answer any **THREE** questions

20. Describe the nutrition related problems during old age.
21. Discuss the eating disorders of adolescents. Plan a day's diet for a 15 year old girl suffering from nutritional anemia.
22. "'Breat milk is the Best milk"-Justify the statement.
23. Explain the Nutritional requirement during Lactation.
24. Explain the principles of planning a diet.

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