

M.Sc DEGREE EXAMINATION, APRIL 2019
I Year I Semester
Nutrition Through Developmental Stages

Time : 3 Hours

Max.marks :75

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

Answer any **TEN** questions

1. What is acclimatization?
2. What should all the food groups be included in the daily diet?
3. What is WABA?
4. Why is weight gain important during pregnancy?
5. What is the role of DHA in nutrition?
6. List the common nutritional problems of preschoolers.
7. What is attention span? How can it be increased?
8. How can you prevent anemia in adolescents?
9. List the factors that determine the nutritional requirements of adults.
10. Define Dysphagia.
11. What is beikost?
12. Define supplementary foods with examples.

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

Answer any **FIVE** questions

13. What are the principles you would consider for planning a balanced menu for children?
14. Discuss the complications of pregnancy.
15. Compare breast feeding and formula feeding.
16. Throw light on the nutritional needs of adolescents.
17. Write short notes on school lunch programs.
18. Discuss the relationship between nutrition and work efficiency.
19. Briefly explain the advances in geriatric nutrition.

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

Answer any **THREE** questions

20. Elaborate on the nutritional requirements for adults in
a) high altitudes b) space missions.
21. Plan a day's diet for a lactating mother and justify your choice of food items.
22. Define weaning. Give a detailed account on weaning foods.
23. Explain the different types of eating disorders in adolescents.
24. Enumerate the various factors that affect the nutritional requirements of the aged.

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