

B.Sc DEGREE EXAMINATION, APRIL 2019
II Year III Semester
Family Meal Management

Time : 3 Hours

Max.marks :75

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

Answer any **TEN** questions

1. List 4 advantages of balanced diets.
2. Name the special foods given during lactation.
3. Define supplementary feeding.
4. List two disadvantages of infant formula.
5. Give an example of a nutritious packed lunch.
6. Who is an adolescent.
7. What are the iron and calcium requirements for 18 year old girl.
8. Define reference man.
9. Name the four food groups suggested by ICMR.
10. State the principles of diet for old age.
11. Write a note on food cravings during pregnancy.
12. Define PEM.

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

Answer any **FIVE** questions

13. What are the steps in meal planning.
14. How will you reduce the cost of a meal.
15. Outline the role of hormones in lactation.
16. What are the points to be considered in introducing weaning foods.
17. Give the dietary guidelines for preschoolers.
18. Write a note on the eating disorders during adolescence.
19. What are the dietary modifications for geriatric diet.

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

Answer any **THREE** questions

20. Explain the basic principles of planning meals.
21. Discuss on the need for increased nutritional requirements during pregnancy.
22. Elaborate on the advantages of breast milk.
23. Describe the food habits and dietary guidelines for adolescents.
24. Write short note on
 - a) Nutrient requirements of adult women
 - b) Nutritional problems of old age.

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