

B.Sc DEGREE EXAMINATION, APRIL 2019
II Year III Semester
Nutrition Through Life Cycle

Time : 3 Hours

Max.marks :75

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

Answer any **TEN** questions

1. Define balanced diet.
2. Give the iron requirement for adults.
3. What is PICA.
4. Define lactogogues.
5. Name 2 nutritional problems of pre schoolers.
6. Define weaning.
7. List 5 foods rich in iron.
8. Define anaemia.
9. Write a short note in IDA.
10. Define geriatrics.
11. What is meant by supplementary feeding.
12. Suggest 4 nutritious snacks for school children.

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

Answer any **FIVE** questions

13. Give an account of the food pyramid.
14. What are the complications of pregnancy.
15. Outline the physiology of lactation.
16. Write a note on the feeding patterns of toddlers.
17. List out the salient features of the mid day meal program.
18. What are the eating disorders of adolescents.
19. Highlight the dietary guidelines of the elderly.

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

Answer any **THREE** questions

20. Explain the principles and steps in planning balanced diets.
21. Bring out the importance of breast feeding.
22. Describe the growth and nutritional needs during early childhood.
23. Discuss the effect of food choices and eating habits on adolescent health.
24. Write short notes on
 - a) Responsibilities of dietician.
 - b) Nutritional problems of old age.

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