

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. Who is a pesco vegetarian?
2. Define lactagogue and give examples.
3. Give the five food group system suggested by ICMR.
4. Give the importance of break fast.
5. List the advantages of bottle feeding.
6. Enlist any four symptoms of premenstrual syndrome.
7. What is an adequate diet?
8. Define colostrum. What is the difference between foremilk and hindmilk.
9. Explain toxemia of pregnancy.
10. Define ageing.
11. What is pica?
12. Suggest two recipes for people above 80 years of age.

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

Answer any **FIVE** questions

13. Write a note on food pyramid.
14. Mention low cost supplementary infant foods.
15. Explain the role of hormones in milk production.
16. Write a note on the principles of planning diets.
17. Brief the relationship between maternal and foetal nutrition.
18. Give an account on anaemia in adolescent girls.
19. Mention the nutritional requirements during adolescence.

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

Answer any **THREE** questions

20. What is weaning? Bring out the importance of weaning and list the points considered in introducing weaning foods.
21. Explain the following
 - a) Define food cost
 - b) Steps in Meal planning.
22. Define complementary feeding. State the need for introducing complementary food to an infant's diet. List the points to be considered in introducing complementary Foods.
23. How is breast feeding superior over bottle feeding? List the advantages of breast feeding.
24. Discuss the nutritional problems during old age.

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