

**B.Sc. DEGREE EXAMINATION, NOVEMBER 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. Differentiate between RDA and requirement.
3. What are lactagogues?
4. Specify the hormones involved in lactation process.
5. Write a note on supplementary foods.
6. What is colostrum?
7. Why snack is important for school children?
8. List the eating disorders prevalent among adolescents.
9. What is Osteoporosis?
10. Write a note on IDA.
11. Enlist the requisites of a good school lunch.
12. Draw food guide pyramid.

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

Answer any **FIVE** questions

13. Write note on balanced diets for adult men and women.
14. Explain the dietary needs of lactating women.
15. Describe the nutrition related problems prevalent among toddlers.
16. Give the RDA for a school going child of 10-12 years and explain it.
17. Briefly explain the role and responsibilities of a dietician.
18. Write a note on complications associated with pregnancy.
19. Enumerate the objectives and nutritional components of mid-day meal programme.

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

Answer any **THREE** questions

20. Elaborate on the objectives and basic principles of meal planning. Write a detailed note on the steps involved in meal planning with a sample meal plan.
21. Describe the nutritional and dietary requirements of pregnant women.
22. "Breast milk is the best milk for infants" - Justify the statement.
23. Explain the nutritional requirements of adolescents. Enlist and explain the factors influencing the dietary habits of adolescents.
24. Write a detailed note on the nutritional needs of old age people. Mention the factors influencing the food and nutrient intake of elderly.

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