

B.Sc. DEGREE EXAMINATION, NOVEMBER 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. Define the term Balanced diet.
2. What is the objective of Meal planning?
3. What is Oxytocin?
4. Write ICMR- RDA for calcium for lactating mother.
5. Define Colostrum.
6. What are the nutrition related problems of preschool children?
7. Write the role of ICDS.
8. What is packed lunch?
9. Give ICMR – RDA for male and female IT workers?
10. Identify the nutritional problems of old age.
11. What are the disadvantages of bottle feeding?
12. List out the nutritional problems of adolescence.

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

Answer any **FIVE** questions

13. Describe the basic five food group.
14. Give the complete RDA for pregnant mother?
15. Write brief notes on growth and development of infancy.
16. Give the dietary guidelines for school going children?
17. Give RDA for 60 year old age group?
18. Draw food pyramid.
19. Give the dietary guidelines for school going children?

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

Answer any **THREE** questions

20. Describe the principles of meal planning.
21. Elaborate the complication of pregnancy.
22. Explain advantage and disadvantage of breast feeding?
23. Summarize the nutritional requirement of school going children.
24. Describe the dietary modification of old age.

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