

B.Sc. DEGREE EXAMINATION, APRIL 2020
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. List any two advantages of food pyramid.
3. Mention the hormones involved in lactation.
4. Give the significance of lactogogues.
5. Define weaning.
6. What is colostrum?
7. Enlist the importance of snacks for pre-school child.
8. Define bulimia nervosa.
9. What is sarcopenia?
10. Mention the objectives of IDA.
11. Give the RDA for energy and protein of 10 year old boy.
12. Write a note on nutritional anaemia.

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

Answer any **FIVE** questions

13. Write a brief note on the nutritional requirements of adult men and women.
14. Explain the physiological changes associated with pregnancy.
15. Enumerate the various nutrition related problems observed among toddlers.
16. Briefly explain the objective and significance of mid-day meal programme.
17. Give the role of community and clinical dietitian in alleviating deficiencies and diseases.
18. Enlist the various dietary guidelines to be followed during lactation.
19. Describe any two supplementary feeds that can be given to infants of 8 months old and give their significance.

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

Answer any **THREE** questions

20. Enlist the basic principles of meal planning. Enumerate the steps involved in meal planning. Give a sample menu for heavy working adult women.
21. Write a detailed note on the complications associated with pregnancy and ways to overcome them.
22. Give the nutritional requirements for a 4 month old infant. Write a note on the significance of breastfeeding on growth and development of an infant.
23. Explain the nutritional and dietary needs of an adolescent girl of 15 years and enlist the factors influencing the eating habits of adolescence.
24. Describe the various nutrition related problems found among elderly. Mention the factors affecting the dietary intake of old age people with examples.

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