

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)
Chromepet, Chennai — 600 044.

B.Sc. END SEMESTER EXAMINATION APRIL/NOV - 2021

SEMESTER - III

21UFMCT3004 - Nutrition Through Life Cycle

Total Duration : 3 Hrs	Total Marks : 75
MCQ : 30 Mins	MCQ : 15
Descriptive : 2 Hrs.30 Mins	Descriptive : 60

Section B

Answer any **SIX** questions ($6 \times 5 = 30$ Marks)

1. Explain food exchange list and its benefits.
2. Expand RDA and list the factors affecting RDA for Indian reference men and women.
3. Illustrate the physiology of lactation.
4. Explain the nutritional requirements during pregnancy.
5. Enumerate the advantages of breastfeeding.
6. Explain the importance of packed lunch in school age.
7. Explain the nutritional needs for a preschool boy
8. What is nutritional anaemia and explain its nutritional management.

Section C

Answer any **THREE** questions ($3 \times 10 = 30$ Marks)

9. Elaborate on the following
 - a. Composition of Breast milk (5)
 - b. Role of Lactagogues and its sources (5)
10. Define PEM and differentiate the types of PEM and its nutritional management.
11. Elaborate in details the growth and development during Adolescents.
12. Explain the following in detail on Adulthood
 - a. Nutritional Requirements (5)
 - b. Plan a balanced diet for an adult women (5)
13. Explain the following in detail on Old age
 - a. Nutritional needs (5)
 - b. Factors affecting nutrient requirements (5)