

**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 EXAMINATIONS NOVEMBER-2022

SEMESTER - III

20UNDCT3004 - Nutrition Through Life Cycle

Total Duration : 2 Hrs 30 Mins.

Total Marks : 60

Section A

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

1. Sketch the food guide pyramid .
2. Prepare a day's menu for an adult man focussing on balanced diet.
3. Relate the different dietary problems in pregnancy.
4. Describe the physiology of lactation.
5. Give examples of different types of supplementary foods.
6. Classify the different feeding problems of preschool children.
7. Describe the nutritional requirements of school children.
8. Associate the physiological changes in aging and food intake.

Section B

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

9. Describe the principles of meal planning and write the steps involved in planning a diet.
10. Apply concept of special foods for lactation and plan a days diet for a lactating mother.
11. Distinguish the advantages of breast feeding and bottle feeding.
12. Classify the different types of packed lunch, and describe its importance.
13. Associate the various complications and nutritional deficiencies in oldage.

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