

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.(NFSMD)- END SEMESTER EXAMINATIONS APRIL-2023

SEMESTER - III

**21UFMCT3004 -Nutrition Through Life Cycle**

Total Duration : 2 Hrs 30 Mins.

Total Marks : 60

### **Section B**

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

1. Discuss about balance diet in reference with food groups.
2. Explain the factors affecting RDA.
3. Describe the importance of breast feeding.
4. Discuss the complications of pregnancy.
5. Explain the nutritional importance and feeding of preterm baby.
6. Discuss on eating disorders of adolescents.
7. Explain the dietary modifications for an old man.
8. Plan a day menu for an anaemic adolescent girl.

### **Section C**

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

9. Explain the principles and steps involved in meal planning.
10. Discuss the nutritional requirement of lactating mother.
11. Elaborate on the dietary treatment of a PEM Child with sample menu plan.
12. Discuss on childhood obesity and importance of healthy snacks.
13. Describe the nutritional problems during old age.

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