

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. CND - END SEMESTER EXAMINATIONS APRIL - 2024

SEMESTER - III

20UNDCT3004 - 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 the role of five food groups in planning balanced diet.
2. Short notes on food exchange list.
3. Explain the nutritional requirements during lactation.
4. Illustrate the importance of weaning foods with dietary guidelines.
5. Discuss on childhood obesity.
6. Explain the nutritional deficiencies during old age.
7. With a neat diagram enumerate the importance of Food pyramid.
8. Discuss the importance and advantages of breast feeding.

Section C

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

9. Describe the principles of meal planning.
10. Explain the nutritional requirements and complications during pregnancy.
11. Elaborate on major nutritional deficiency diseases during childhood.
12. Discuss on food choices and nutritional problems during adolescence.
13. Plan a one day menu for an old man with dietary.
