

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 - NOV'2024

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. Explain the Food Exchange List and how it can be used to substitute one food item for another while maintaining nutritional balance.
2. Illustrate the advantages of artificial feeding over breastfeeding and provide examples of situations where artificial feeding may be preferred.
3. Classify and relate the various factors that influence the food needs of school-aged children.
4. Illustrate a balanced diet plan for an adult woman aged 30-40 years.
5. Explain the physiology of lactation and composition of breast milk.
6. Predict the potential health outcomes of introducing low-cost supplementary foods to preterm and low birth weight infants.
7. Explain how food choices during adolescence impact growth and development.
8. Differentiate between the nutritional needs of young adults and the elderly.

Section C

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

9. Explain the principles of meal planning, including the steps involved in creating a balanced diet plan for an individual.
10. Prepare a detailed plan for a breastfeeding mother to ensure optimal lactation.
11. Examine the impact of introducing supplementary feeding on the growth and development of low birth weight and preterm infants.
12. Prepare a detailed plan for addressing nutritional anemia in adolescents and explain the role of iron-rich foods in this plan.
13. Examine how changes in metabolism, digestion, and absorption in older adults can affect their dietary requirements and overall health.
