

S.No. 5714

16 SCCND 4

(For candidates admitted from 2016–2017 onwards)

B.Sc. DEGREE EXAMINATION, APRIL 2022

Part III – Nutrition and Dietetics – Major

NUTRITION THROUGH LIFE CYCLE

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20)

Answer ALL questions.

1. Define Meal Planning.
2. What is eclampsia?
3. What is let down reflex?
4. Give the RDA for lactating mother – energy, fat and calcium.
5. Give the birth weight of infants.
6. What is transition milk?
7. Mention the objectives of feeding programme.
8. What is anorexia nervosa?

9. State reference man.

10. Define geriatrics.

PART B — ($5 \times 5 = 25$)

Answer ALL questions.

11. (a) Explain the principles of meal planning.

Or

(b) Outline the stages of pregnancy.

12. (a) Discuss the composition of breast milk.

Or

(b) Write briefly on factors responsible for lactation failure.

13. (a) Explain the types of supplementary foods.

Or

(b) Discuss the nutrition related problems in childhood.

14. (a) Explain about packed lunch and factors to be considered in planning a packet lunch.

Or

(b) Give the nutritional requirement during adolescents.

15. (a) Give the RDA for an adult women sedendary worker and plan a diet.

Or

(b) Explain the physiological changes during old age.

PART C — ($3 \times 10 = 30$)

Answer any THREE questions.

16. Give an account on complications during pregnancy.

17. Describe the physiology and psychology of lactation.

18. Explain in detail on nutritional benefits of breast feeding.

19. Discuss the nutritional problems of adolescents.

20. Explain the psychological and socio-economic factors affecting food intake of elderly persons.
