

18. Elucidate the points to be considered while planning a diet for preschool children.
 19. Explain the nutritional problems during adolescence.
 20. Elaborate on the nutritional problems during old age.
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S.No. 3608

16 SCCHS 5

(For candidates admitted from 2016–2021 batch)

B.Sc. DEGREE EXAMINATION, NOVEMBER 2023.

Part III — Home Science – Major

NUTRITION IN HEALTH

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20)

Answer ALL questions.

1. List the biochemical changes in pregnancy.
2. Give two reasons for increased energy requirement during pregnancy.
3. Define infancy.
4. Write the composition of NIN supplementary foods.
5. Define PEM and list any two symptoms of PEM.

6. Why protein requirement is important in pre school age and suggest any two recipes rich in protein.
7. What is meant by faulty good habits and list any two problems in school age?
8. Write the symptoms of anorexia and anemia in adolescence.
9. What is meant by Geriatric nutrition?
10. List the physical changes during old age.

SECTION B — (5 × 5 = 25)

Answer ALL questions, choosing either (a) or (b) in each.

11. (a) Discuss on Pregnancy Induced Hypertension (PIH) during pregnancy.

Or

- (b) Write the ICMR-RDA for a sedentary pregnant women.

12. (a) Suggest some recipes with reasons for lactating women.

Or

- (b) Write a note on supplementary foods.

13. (a) Brief on the nutritional requirement for 4-6 years children.

Or

- (b) Plan a diet for preschool child.

14. (a) Briefly discuss the Vitamin A deficiency disease.

Or

- (b) Write a note on nutritional requirement during adolescence.

15. (a) Write the nutritional requirement for an old age woman.

Or

- (b) List out the foods which must be avoided by the old age people with reasons.

SECTION C — (3 × 10 = 30)

Answer any THREE questions.

16. Describe the physiological and biochemical changes in pregnancy.
17. Evaluate the role and functions of nutrients in an infants' growth.