

S.No. 3837

16 SCCND 4

(For candidates admitted from 2016–2021 batch)

B.Sc. DEGREE EXAMINATION, NOVEMBER 2023.

Part III — Nutrition and Dietetics — Major

NUTRITION THROUGH LIFE CYCLE

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20)

Answer ALL questions.

1. Write two principle of meal planning.
2. What are the complications of pregnancy?
3. What are the composition of colostrum.
4. List out the nutritional requirement of nursing mother.
5. Define supplementary foods.
6. What are the low cost supplementary foods?
7. What is sample menu?
8. Write two nutritional problems in adolescence.

9. Define Reference man.
10. List out the changes in body composition.

SECTION B — (5 × 5 = 25)

Answer ALL questions.

11. (a) Write about the factors influencing nutritional requirement for all age groups.

Or

- (b) What are the nutritional requirements for pregnant women?

12. (a) Write short note on Diet planning for nursing mother.

Or

- (b) Write the factors responsible for affecting volume and composition of breast milk.

13. (a) State the difference between the human milk with cow's milk.

Or

- (b) What are the process of breast feeding? Explain it.

14. (a) Give the factors to be considered for packed lunch.

Or

- (b) Explain the puberty stages of adolescence.

15. (a) Give in brief about the nutrition and health issues of adulthood.

Or

- (b) Explain about the physiological and psychological changes in elderly group.

SECTION C — (3 × 10 = 30)

Answer any THREE questions.

16. Give an account on stages and physiological changes during pregnancy.

17. Explain in detail about the physiological and psychological changes of Lactation.

18. Describe in detail about the Nutrition in pre-school age group.

19. Elaborate the sample menu, Diet plan for the school going children.

20. Explain in detail about the nutritional requirements of an adult man and women.