

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)
MSc DEGREE EXAMINATION DECEMBER 2018
(First Semester)

Branch - **CLINICAL NUTRITION AND DIETETICS**

LIFE SPAN NUTRITION

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks (10 x 1 = 10)

- 1 Which of the following changes in body composition observed with aging is known as Sarcopenia.
(i) Increase in lean body mass (ii) Decrease in lean body mass
(iii) Increase in total body fat (iv) Decrease in total body fat
- 2 Which of the following parameter indicate symmetrical IUGR in infants with less than 5th Percentile?
(i) Weight, length and head circumference
(ii) Weight alone
(iii) Weight and length alone
(iv) Birth weight
- 3 What is the main cause for fetal macrosomia?
(i) Poor maternal glycemc control
(ii) Aclampsia
(iii) Pregnancy induced hypertension
(iv) Preeclampsia
- 4 What is the main carbohydrate source in breast milk and standard infant formula?
(i) Sucrose (ii) Fructose
(iii) Lactose (iv) Maltodextrins
- 5 Energy intake decreases in the elderly due to
(i) Increased BMR (ii) Decreased BMR
(iii) Increased BMI (iv) Decreased BMI
- 6 What is the average expected weight gain in kilogram per week in 2nd trimester of pregnancy?
(i) 0.25-0.33 (ii) 0.34-0.5
(iii) 0.60-0.75 (iv) 1-1.5
- 7 Identify the amount of energy required to deposit one gram of protein in the child
(i) 10.2 K.cal/gm/day (ii) 12.8 K.cal/gm/day
(iii) 13.4 K.cal/gm/day (iv) 14.6 K.cal/gm/day
- 8 Identify the period of growth spurt in adolescent
(i) 18-24 month (ii) 10-20 month
(iii) 8-10 month (iv) 5 year
- 9 Flead circumference is grossly reduced in an infant suffering from
(i) Marasums (ii) Kwashiorkar
(iii) Anemia (iv) Acute gastroenteritis
- 10 Of the following nutrients, which is toxic during pregnancy at high levels?
(i) Vitamin E (ii) Vitamin A
(iii) Vitamin K (iv) Vitamin D

SECTION - B (35 Marks)

Answer **ALL** Questions

ALL Questions Carry **EQUAL** Marks (5 x 7 = 35)

- 11 a Explain the pathophysiology of Hyperemesis Gravid and its management.
OR
b Sketch out the principles for deriving RDA. Discuss any five importance of RDA.
- 12 a Explain Physiology of Lactation.
OR
b Discuss the important points to be considered in weaning.
- 13 a Explain the causes of obesity in school going children.
OR
b Illustrate the significance of growth chart? How growth chart is used for growth monitoring?
- 14 a Discuss the factors affecting growth and development of adolescence.
OR
b Explain the pre-pubertal and pubertal changes during adolescence.
- 15 a Illustrate the techniques for measuring body composition for elderly.
OR
b State Osteoporosis and Osteopenia. Explain the causes, signs and symptoms.

SECTION - C (30 Marks!)

Answer any **THREE** Questions

ALL Questions Carry **EQUAL** Marks (3 x 10 = 30)

- 16 Enumerate about the complications of Pregnancy.
- 17 Plan a menu for lactating woman with galactogogues and justify,
- 18 Recommend the nutritional requirements of school children.
- 19 Elucidate the nutritional problems of adolescents.
- 20 Enumerate the age related risk for malnutrition among elderly people.

Z-Z-Z

END