

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BSc DEGREE EXAMINATION MAY 2017
(Second Semester)

6

Branch - NUTRITION, FOOD SERVICE MANAGEMENT & DIETETICS

NUTRITION IN HEALTH

Time : Three Hours

Maximum : 75 Marks

SECTION A (20 Marks)

Answer ALL questions

ALL questions carry EQUAL marks (10x2 = 20)

- 1 Define nutritional status.
- 2 Define growth and development.
- 3 List the complications during pregnancy.
- 4 List few galactogogues.
- 5 What is colostrum?
- 6 Write a short note on growth pattern of preschool children. *
- 7 Define peak height velocity.
- 8 Define reference woman.
- 9 Enlist the foods to be included during old age.
- 10 Write the factors to be considered in menu planning for school going children.

SECTION - B (25 Marks!)

Answer ALL Questions

ALL Questions Carry EQUAL Marks (5 x 5 = 25)

- 11 a Define RDA. State the significance of RDA.
OR
b Nutrition and health are interrelated - Justify.
- 12 a Brief weight gain in pregnancy.
OR
b Write the composition of breast milk.
- 13 a Explain supplementary feeding practices for infants.
OR
b Give an account on food habits & snacking pattern of preschool children.
- 14 a Write the importance of packed lunch for school going children.
OR
b Explain the nutritional requirements during adolescence.
- 15 a Plan a day's menu for a male heavy worker and justify the selection of foods.
OR
b Explain the nutritional requirements & dietary management during old age.

SECTION - C (30 Marks)

Answer any THREE Questions

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

- 16 Elaborate the principles of menu planning.
- 17 Compare the nutritional advantages of breast feeding over artificial feeding.
- 18 Enlist the nutritional requirements during pregnancy. Plan a days' menu.
- 19 Describe the nutritional problems of adolescents.
- 20 Describe the physiological changes during old age.