

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)
BSc DEGREE EXAMINATION DECEMBER 2017
(Second Semester)

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 (10 x 2 = 20)

- 1 Define Malnutrition.
- 2 Write a note on RDA.
- 3 Write a note on gestational diabetes.
- 4 Give an account on Lactogogues.
- 5 What is colostrum?
- 6 Write on the snacking patterns of preschoolers.
- 7 What is dental carries?
- 8 Define Peak height velocity.
- 9 Write a note on Reference man and woman.
- 10 List the nutritional requirement of athletes.

SECTION - B (25 Marks)

Answer **ALL** Questions

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

- 11 a Explain the vital link between nutrition and health.
OR
b Write a note on food selection, purchase and storage of food.
- 12 a Explain the reasons for increased nutritional requirement during pregnancy.
OR
b Discuss the composition of breast milk.
- 13 a Brief the disadvantages of artificial feeding.
OR
b Explain the need for supplementary feeding.
- 14 a Describe about packed lunch.
OR
b Brief the growth and development patterns of adolescents.
- 15 a Brief the physiological and psychological changes during aging.
OR
b Explain the factors influencing food intake during adulthood.

SECTION - C (30 Marks)

Answer any **THREE** Questions

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

- 16 Elaborate the principles involved in menu planning.
- 17 Explain a) Physiological development of preschool children
b) Feeding schedule for premature infants.
- 18 Elaborate the complications, nutritional requirement and menu planning for a pregnant woman.
- 19 Explain a) the nutritional problems of school going children.
b) Menu plan for adolescent girl of low income family.
- 20 Describe the nutritional requirement and dietary management for old age people.