

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)

MSc DEGREE EXAMINATION MAY 2023  
(First Semester)

Branch – FOODS AND NUTRITION

**NUTRITION THROUGH LIFECYCLE/NUTRITION IN HEALTH**

Time: Three Hours

Maximum: 50 Marks

**SECTION-A (5 Marks)**

Answer ALL questions

ALL questions carry EQUAL marks

(5 x 1 = 5)

1. Choose the structure that provides oxygen and nutrients to a growing baby in a human body
  - i) Umbilical cord
  - ii) uterus
  - iii) Ovary
  - iv) placenta
2. Name the sugar that is naturally found in milk and milk products?
  - i) Sucrose
  - ii) Fructose
  - iii) Lactose
  - iv) Milkose
3. Identify the correct term connected with pica.
  - i) Mental health condition where a person eats nonfood items
  - ii) Unintentional consumption of earthy materials
  - iii) Non compulsive eating disorder food items
  - iv) Compulsive eating disorder food items
4. Find out the correct expansion of BMR.
  - i) Basal Metabolic Rate
  - ii) Basal Metabolism Rate
  - iii) Benedict Metabolic Rate
  - iv) Basil Metabolic Rate
5. Find out the odd one out. Aerobic exercises includes expect?
  - i) Swimming
  - ii) Walking
  - iii) Cycling
  - iv) Weight Lifting

**SECTION - B (15 Marks)**

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

6. a. Sketch out the process of fertilization in the human body.  
OR  
b. Discuss the role of placenta in transferring nutrients from mother to child.
7. a. Determine the various problems of breast feeding.  
OR  
b. Evaluate the term premature infants.
8. a. Analyse the types of Vitamin A deficiency in children.  
OR  
b. Recommend a packed school lunch menu for preschooler.
9. a. Discuss the common health problems in old age.  
OR  
b. Explain about the causes of Iron deficiency in adolescence.

Cont...

10. a. Classify fitness and its types.

OR

b. Illustrate a short essay on Fluid and Electrolyte balance.

**SECTION -C (30 Marks)**

Answer ALL questions

ALL questions carry EQUAL Marks

(5 x 6 = 30)

11. a. Justify the statement that "alcohol and smoking during pregnancy can cause severe health issues to mother as well as foetus in danger.

OR

b. Enumerate the factors affecting the birth weight of infants.

12. a. Categorize the physiology of lactation.

OR

b. Compare the feeding problems observed in normal and premature infants.

13. a. Elucidate the factors to be considered while planning a menu for preschool Child.

OR

b. Evaluate how feeding sick children with special needs can be carried out.

14. a. Interpret on nutritional problems in adolescence.

OR

b. Analyze the problems of feeding during old age.

15. a. Assess the nutritional needs and modifications in sea voyage.

OR

b. Classify the various types of exercise in brief.

Z-Z-Z

END