

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BSc DEGREE EXAMINATION MAY 2024
(Second Semester)

Branch – **NUTRITION FOOD SERVICE MANAGEMENT & DIETETICS**

NUTRITION IN HEALTH

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer **ALL** questions

ALL questions carry **EQUAL** marks (10 × 1 = 10)

Module No.	Question No.	Question	K Level	CO
1	1	Expand EAR a) Estimated Average Requirement b) Evaluated Average Requirement c) Estimated Available Requirement d) None of the Above	K1	CO3
	2	Who designed My pyramid a) NIN b) U.S Department of Agriculture c) ICMR d) FAO	K2	CO3
2	3	Identify - the pressure of enlarging uterus on the lower portion can cause a) Constipation b) Diarrhea c) Oedema d) All the above	K1	CO1
	4	Mention DHA requirement of a Lactating mother. a) 100mg/d b) 200mg/d c) 300mg/d d) 150mg/d	K2	CO2
3	5	Which of the following concentration is less in colostrum compared to mature milk? a) Lactose b) Vitamin A c) Vitamin K d) All the Above	K1	CO2
	6	How many glasses of milk consumed by a preschool child per day to meet the calcium requirement? a) 5 Glasses b) 2-3 glasses c) 3-4 glasses d) 1-2 glasses	K2	CO2
4	7	Who brought out Yellow Book for School Going Children? a) NIN & ICMR b) U.S Department of Agriculture c) FSSAI d) FAO	K1	CO5
	8	When does the Adolescent growth spurt start in girls? a) At 8-10 years of age b) At 13-14 years of age c) At 10-12 years of age d) Above 15 years of age	K2	CO1
5	9	Choose how many hours a reference man spends for walking and active recreation? a) 1hour b) 3 Hours c) 4 hours d) 2 hours	K1	CO1
	10	Mention: In elderly high intake of coffee/ tea may lead to a) Insomnia b) Constipation c) CVD d) Hypertension	K2	CO2

Cont...

SECTION - B (35 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks (5 × 7 = 35)

Module No.	Question No.	Question	K Level	CO
1	11.a.	Explain the selection, purchase and storage process of food.	K4	CO3
	(OR)			
	11.b.	Describe the factors that influence human Nutrition.		
2	12.a.	Summarize the physiological changes that occur during pregnancy.	K3	CO2
	(OR)			
	12.b.	Sketch down the factors affecting the volume and composition of breast milk.		
3	13.a.	Outline the growth and development during infancy.	K3	CO1
	(OR)			
	13.b.	Explain the feeding problems of pre-schooler.		
4	14.a.	Discuss on packed lunch.	K2	CO4
	(OR)			
	14.b.	Narrate the eating disorders prevalent among adolescent girls.		
5	15.a.	Produce the food requirement of an adult.	K4	CO5
	(OR)			
	15.b.	State the nutritional requirement of elderly people.		

SECTION -C (30 Marks)

Answer ANY THREE questions

ALL questions carry EQUAL Marks (3 × 10 = 30)

Module No.	Question No.	Question	K Level	CO
1	16	Summarize the steps involved in menu planning.	K4	CO2
2	17	Enumerate the nutritional requirement of a lactating mother.	K4	CO2
3	18	Discuss on weaning process – needs, types of supplementary foods and problems.	K4	CO3
4	19	Infer the diet related problems of school going children.	K4	CO3
5	20	Explain the changes in organ function with ageing and its influence on nutrient requirement.	K4	CO1