

**PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)**

**MSc DEGREE EXAMINATION MAY 2022
(First Semester)**

Branch – FOODS AND NUTRITION

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. How many minutes of physical activity should a pregnant mother be getting each day?
 - a) 10 minutes
 - b) 20 minutes
 - c) 30 minutes
 - d) 60 minutes
2. Breastfeeding is not recommended for mothers who are suffering from _____.
 - a) Hepatitis C
 - b) Treated Tuberculosis
 - c) Diabetes
 - d) HIV
3. Adiposity rebound in children usually occurs between the age of _____ years.
 - a) 2 and 4
 - b) 4 and 6
 - c) 6 and 8
 - d) 8 and 10
4. The percentage of essential fat content with reference to body composition of an adult man is _____.
 - a) 10 percent
 - b) 12 percent
 - c) 7 percent
 - d) 3 percent
5. The type of exercise the helps in glycemic control in diabetics is _____.
 - a) swimming
 - b) walking & Jogging
 - c) Walking & weight training
 - d) Yoga & walking

SECTION - B (15 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

- 6 a. How RDA were formulated? Discuss its drawbacks.
OR
- b. Explain the physiological changes during pregnancy. Discuss the association between maternal nutrition and pregnancy outcome.
- 7 a. Define colostrum. Write the composition of colostrums and its nutritional significance.
OR
- b. Define weaning. Discuss the problems of weaning.
- 8 a. Briefly discuss the nutritional requirement of 5 year old boy. What are the special factors to be considered regarding the nutritional management of that boy.
OR
- b. Discuss the points to be considered in planning diets for school children. Explain the causes of obesity in school going children.

Cont...

- 9 a Discuss briefly the food habits of adolescents.
OR
b Discuss in detail the nutritional problems of women in middle adulthood.
- 10 a Discuss about the advantages of carbohydrate loading for sports personnel.
OR
b Discuss the role of carbohydrate, protein and fat in exercise.

SECTION -C (30 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks (5 x 6 = 30)

- 11 a Write the principles for deriving RDA. Discuss any five importance of RDA.
OR
b What are the physiological changes that occur in pregnancy? Explain the nutritional requirement of a pregnant woman.
- 12 a 'Breast milk is the best milk'. Justify the statement. Differentiate between breast feeding and artificial feeding.
OR
b Discuss the beneficial aspects of exclusive breast feeding. What are your suggestions about the management of a low birth weight baby.
- 13 a Write the RDA for pre-school children. Describe the points to be considered in planning diet for pre-school children.
OR
b Discuss the factors that influence the food habits of school going children.
- 14 a Describe the health risks of young adults, and their solutions.
OR
b Describe the physiological changes that take place in the elderly and explain how these changes influence their nutritional requirements.
- 15 a Explain inter-relationship between nutrition, physical fitness and health.
OR
b Discuss how specific nutrient effect the physical fitness of an athlete.

Z-Z-Z

END