

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION DECEMBER 2023
(First Semester)

Branch - FOODS AND NUTRITION

NUTRITION THROUGH LIFECYCLE

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	Name the point at which ovum becomes fertilised by the sperm? A) Implantation B) Conception C) Parturition D) Gestation	K1	CO3
	2	Infer the hormone produced by the ovary only during pregnancy. A) Relaxin B) Chorionic gonadotrophin C) Lactogen D) Estrogen	K2	CO3
2	3	When do the iron stores of full-term infants get depleted by? A) 3 weeks B) 3 months C) 6 weeks D) 6 months	K1	CO1
	4	The fetal ejection reflex triggers the release of which hormone? A) Oxytocin B) Prolactin C) Relaxin D) Estrogen	K2	CO3
3	5	Find the symptoms of PEM. A) Failure to thrive B) Odema of face and limbs C) Soft thin hair D) All the above	K1	CO5
	6	Interpret the condition characterized by corneal dryness and dull lack lustre appearance of cornea. A) Corneal xerosis B) Bitot's spot C) Keratomalacia D) Night blindness	K2	CO5
4	7	Name the period of transition from childhood to adulthood. A) Early adulthood B) Adolescence C) Adulthood D) School age	K1	CO2
	8	Infer the nutrition related problems of old age. A) Osteoporosis B) Anaemia C) PEM D) Osteoporosis and Anaemia	K2	CO1
5	9	Choose the immediate source of energy available to support intense exercise of short duration. A) Phosphocreatine B) Ketone bodies C) Fat D) Glycogen	K1	CO4
	10	Show the example for anaerobic exercise. A) Jogging B) Running C) Walking D) Weight lifting	K2	CO4

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.	Identify the factors affecting RDA.	K3	CO1
	(OR)			
	11.b.	Choose the risk factors and nutritional problems of teenage pregnancy.		
2	12.a.	Analyse the physiology of lactation.	K4	CO3
	(OR)			
	12.b.	Examine the nutritional components and immunological factors in breast milk.		
3	13.a.	Inspect the nutritional problems related to school going children.	K4	CO1
	(OR)			
	13.b.	Infer the nutritional requirements of pre-school children.		
4	14.a.	Develop a day's menu for a sedentary working adult man.	K3	CO2
	(OR)			
	14.b.	Choose a day's menu for an adult woman who is overweight?		
5	15.a.	Explain the glucose homeostasis during and after exercise.	K5	CO5 CO4
	(OR)			
	15.b.	Perceive the benefits and any limitations of sports supplements.		

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	Build the importance of nutrition prior to and during pregnancy.	K3	CO1
2	17	Identify the reasons for increased nutrient requirement in lactation.	K3	CO1
3	18	Examine the factors to be considered while planning a meal and packed lunch for school going children.	K4	CO2
4	19	Inspect the psychological problems and challenges in adolescence.	K4	CO3
5	20	Analyse the nutritional needs and modifications for mountaineering and sea voyage.	K4	CO4 &CO5