

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)
BSc DEGREE EXAMINATION DECEMBER 2024
(Second Semester)

Branch - **NUTRITION, FOOD SERVICE MNAAGEMENT AND 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	State – RDA for Indians are revised every a) 5 years b) 10 years c) 15 years d) Every year	K1	CO2
	2	Tell the Protein requirement of a heavy worker adult women a) 1g/kg/d b) 1.25g/kg/d c) 0.83g/kg/d d) 1.3g/kg/d	K2	CO3
2	3	Indicate the neural tube defect in infant is caused by the deficiency of ----- during pregnancy a) Iron b) Vitamin – B12 c) Zinc d) Folic Acid	K1	CO2
	4	Choose the amount of Sathumavu given to lactating mothers under ICDS programme a) 160g/day b) 120g/day c) 150g/day d) 200g/day	K2	CO4
3	5	Expand IUGR a) Infraumbilical Growth of hernia b) Intrauterine Growth Restriction c) Inter utero Growth Reversion d) Infectious Uterine Growth	K1	CO2
	6	Select the average weight gain of a child between one and two years of age a) 200-250g/month b) 300-400g/month c) 150-200g/month d) 400-500g/month	K2	CO1
4	7	Identify the ministry responsible for the mid-day meal programme a) Human Resource Development b) Women and Welfare c) Health and Hygiene d) Family Welfare	K1	CO4
	8	Find the peak height velocity age of boys a) 10-13 years of age b) 10-19 years of age c) 12-15 years of age d) 15-19 years of age	K2	CO1
5	9	Identify the criteria listed for a Reference Man? a) A man who weighs 65 kg b) A man with BMI of 24.5 c) Both A & B d) None of the Above	K1	CO1
	10	Identify the cause of Alzheimer's disease a) High CRP levels b) High Homocysteine levels c) High Cholesterol levels d) High Antioxidant levels	K2	CO3

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.	Sketch down food pyramid and explain it.	K2	CO2
	(OR)			
	11.b.	Summarize the factors influencing human nutrition.		
2	12.a.	Describe the relationship that exist between maternal and foetal nutrition.	K2	CO1
	(OR)			
	12.b.	Pen down the process of stimulation of milk production.		
3	13.a.	Tabulate the undesirable effects of cow's milk on human infant.	K2	CO2
	(OR)			
	13.b.	Outline the feeding problems & feeding disorders of preschoolers.		
4	14.a.	Justify the importance of nutritious packed lunch for the growth of the children.	K3	CO4
	(OR)			
	14.b.	Infer the eating disorders of adolescent girls.		
5	15.a.	Brief note on the dietary guidelines given for adult women.	K2	CO2
	(OR)			
	15.b.	Explain nutrition related problems of old age.		

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	Plan a balanced diet for an adult man and justify your menu with the principles of menu planning.	K4	CO5
2	17	Enumerate the impact of nutritional deficiency on the outcome of pregnancy.	K2	CO1
3	18	Elaborate note on breast milk, its type and nutritional benefits.	K3	CO3
4	19	Prove the role of School Lunch Programmes in alleviating malnutrition.	K3	CO3
5	20	Interpret the changes in organ function with ageing that may influence nutrient requirement.	K2	CO1

Z-Z-Z

END