

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)

BVoc DEGREE EXAMINATION MAY 2025  
(Sixth Semester)

Branch – FOOD PROCESSING TECHNOLOGY

NUTRITION FOR HEALTH AND DISEASE

Time: Three Hours

Maximum: 50 Marks

**SECTION-A (5 Marks)**

Answer ALL questions

ALL questions carry EQUAL marks (5 x 1 = 5)

- 1 Indicate when breast milk should not be fed to the infant if the mother suffer red with \_\_\_\_\_  
(i) Respiratory infection (ii) Fever  
(iii) Insulin Dependent Diabetes Mellitus (iv) AIDS
- 2 Lactagogue or Galactagogue increases the \_\_\_\_\_ secretion among lactating mother which in turn increases milk production.  
(i) Eestrogen (ii) Progesterone  
(iii) Prolactin (iv) Oxytocin
- 3 Which of the following is not included in Clear Fluid Diet?  
(i) Strained fruit juice (ii) Barley water  
(iii) Whey water (iv) Milk
- 4 Identify the tool used to measure height.  
(i) Plethysmography (ii) Stadiometer  
(iii) Sphygmomanometer (iv) Calipers
- 5 Which of the following measure how quickly a food raises blood glucose levels?  
(i) Glycemic Load (ii) Glycemia  
(iii) Glycemic Index (iv) Glycosylate

**SECTION - B (15 Marks)**

Answer ALL Questions

ALL Questions Carry EQUAL Marks (5 x 3 = 15)

- 6 a Summarize the types of supplementary foods for infants.  
OR  
b Bring out the three recognized eating disorders seen among adolescents.
- 7 a Explain the dietary guidelines for expectant mothers.  
OR  
b Develop a nutritious snack for menopausal women and justify it.
- 8 a Describe on Reference Man and Reference Women.  
OR  
b Explain the routes of enteral feeding.

Cont...

- 9 a Calculate the BMI for an adult male weighing 65kg, height of 170cm and identify his BMI category.

OR

- b Summarize the causes of Iron Deficiency Anemia.

- 10 a Compare for Underweight and Overweight.

OR

- b Illustrate on the risk factors of diabetes mellitus.

**SECTION -C (30 Marks)**

Answer ALL questions

ALL questions carry EQUAL Marks

(5 x 6 = 30)

- 11 a Highlight the dietary guidelines for school going children and suggest any three balanced packed lunch for them.

OR

- b Explain the importance of weaning and supplementary foods for growth & development of infants.

- 12 a Discuss the various types special foods that are prescribed for pregnant and lactating mother.

OR

- b Describe on the nutritional problems encountered by the elders during old age.

- 13 a Classify the therapeutic diets and explain any one.

OR

- b Enumerate the principles involved in menu planning.

- 14 a Define nutritional status and classify the methods used for assessment of nutritional status.

OR

- b Enumerate the causes and types of PEM.

- 15 a Categorize the risk factors of Cardiovascular Diseases (CVDs).

OR

- b Outline the stages of care and guideline for dietary management.

Z-Z-Z

END