PSG COLLEGE OF ARTS & SCIENCE (AUTONOMOUS)

BSc DEGREE EXAMINATION MAY 2025

(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

 $(10 \times 1 = 10)$

Module No.	Question No.	Question	K Level	СО
1	1	How much per cent of calories should come from protein in a balanced diet? a) 20-25 b) 10-12 c) 30-35 d) 15-20	K1	CO1
	2	How many portions of green leafy vegetables should be consumed by an adolescent girl of 16-18 years? a) 100g b) 200g c) 150g d) 300g	K2	CO1
2	3	Identify the impact of Iodine deficiency during pregnancy a) Low Birth Weight Baby b) Mentally Retarded Child c) Abortion and still birth d) All the Above	K1	CO2
	4	Name the hormone that stimulate milk production a) Oestrogen b) Progesterone c) Prolactin d) Oxytocin	K2	CO2
3	5	Identify the energy requirement of an infant a) 92 Kcal/Kg body weight b) 102 Kcal/Kg body weight c) 82 Kcal/Kg body weight d) 52 Kcal/kg body weight	K1	CO5
	6	What is adipsia? a) Absence of thirst b) Absence of hunger c) Absence of taste d) Absence of Smell	K2	CO1
4	7	Choose the ministry under which Mid – Day meal programme functions? a) Ministry of Women and Family Welfare b) Ministry of Human Health and Education c) Ministry of Child Care d) Ministry of Human Resource Development	K1	CO3
	8	Identify the nutrient required for myoglobin synthesis a) Iron b) Fat c) Calcium d) Niacin	K2	CO5
5	9	What is the BMI of a refence women? a) 21.2 b) 20.2 c) 22.2 d) 19.2	K1	CO1
	10	Identify the nutrient whose requirement decreases after the age of 30 years a) Iron b) Protein c) Fibre d) Energy	K2	CO2

SECTION - B (35 Marks)

Answer ALL questions ALL questions carry EQUAL Marks

 $(5 \times 7 = 35)$

Module No.	Question No.	Question	K Level	СО
1	11.a.	Sketch down the food pyramid and food plate suggested by NIN.		
	(OR)		K3	CO2
	11.b.	Outline the dietary guidelines for good health.		ļ
	12.a.	Explain the relationship between maternal and foetal nutrition.	***	CO2
- · · · 2 . ·		(OR)	K3	
_	12.b.	List the factors responsible for lactation failure.		
	13.a.	Explain the various forms of breast milk.	:	
3	(OR)			CO1
	13.b.	Suggest the dietary guidelines listed for pre-schoolers.		
4	14.a.	Describe the points to be considered in planning diets for school children.	1 : !	
	(OR)		K4	CO5
	14.b.	Distinguish the growth velocity pattern in boys and girls.	1	
5	15.a.	Compare and classify vegetarian diets.	:	
		(OR)		CO2
	15.b.	Discuss the degenerative diseases of elderly.	:	

SECTION -C (30 Marks) Answer ANY THREE questions ALL questions carry EQUAL Marks

 $(3\times10=30)$

Module No.	Question No.	Question	K Level	СО
1	16	Summarize the Principles of menu planning.	K4	CO1
2	17	Justify the importance of nutrition during pregnancy and write the need of each nutrient.	K4	CO5
3	18	Detail on nutrition related problems of pre-schoolers.	K4	CO5
4	19	Elaborate note on nutritional requirement of an adolescent.	K4	CO2
5	20	Enumerate the factors influencing food intake of an adult.	K4	CO3