

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

BSc DEGREE EXAMINATION DECEMBER 2025
(Second Semester)

Branch - NUTRITION, FOOD SERVICE MANAGEMENT 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	Which of the following is a vital link between nutrition and health? a) Growth and development b) Food myths c) Media influence d) Cooking methods	K1	CO1
	2	The main purpose of Recommended Dietary Allowance (RDA) is to a) Determine body weight b) Assess nutrient adequacy c) Diagnose diseases d) Measure immunity	K2	CO1
2	3	Which hormone plays a major role in lactation? a) Insulin b) Estrogen c) Prolactin d) Thyroxine	K1	CO2
	4	The first milk secreted after childbirth, rich in antibodies, is called a) Mature milk b) Colostrum c) Foremilk d) Hindmilk	K2	CO2
3	5	At what age is weaning generally introduced for infants? a) At birth b) 2 months c) 6 months d) 1 year	K1	CO3
	6	Which type of infant is characterized as "SGA"? a) Small for Gestational Age b) Short Growth Assessment c) Standard Growth Average d) Specific Growth Activity	K2	CO3
4	7	Which nutrient deficiency is most common in adolescent girls? a) Vitamin C b) Iron c) Vitamin A d) Iodine	K1	CO4
	8	The term "menarche" refers to a) First menstruation b) End of puberty c) Rapid growth spurt d) Critical weight gain	K2	CO4
5	9	Which of the following is a physiological change in old age? a) Increased metabolism b) Loss of appetite c) Strong immunity d) Increased muscle mass	K1	CO5
	10	Osteoporosis in adult women is closely associated with a) Excess sodium intake b) Calcium deficiency and menopause c) High protein intake d) Low vitamin C intake	K2	CO5

Cont...

SECTION - B (35 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks $(5 \times 7 = 35)$

Module No.	Question No.	Question	K Level	CO
1	11.a.	Discuss the principles of menu planning.	K3	CO1
		(OR)		
2	12.a.	Differentiate between the nutritional requirements of a teenage pregnancy and an adult pregnancy.	K3	CO3
		(OR)		
3	12.b.	Elaborate on the nutritional considerations and food myths during lactation.	K3	CO3
	13.a.	Extend the advantages of breastfeeding.		
4		(OR)	K3	CO5
	14.a.	Illustrate the factors to be considered for packed lunch for school-age children.		
5		(OR)	K4	CO5
	14.b.	Analyze the major nutritional problems prevalent among adolescents and explain their impact on health.		
5	15.a.	Assess the nutritional requirements of adults.	K4	CO5
		(OR)		
	15.b.	Analyze the biological and physiological aspects of aging.		

SECTION - C (30 Marks)

Answer ANY THREE questions

ALL questions carry EQUAL Marks $(3 \times 10 = 30)$

Module No.	Question No.	Question	K Level	CO
1	16	Discuss the food pyramid and guidelines for good health.	K3	CO3
2	17	Explain the physiological changes and nutrient requirements during pregnancy.	K3	CO1
3	18	Describe the nutritional management of preterm and low birth weight babies.	K3	CO1
4	19	Differentiate between the nutritional requirements and food habits of school-age children and adolescents.	K4	CO5
5	20	Estimate the nutrient requirements of a reference man and reference woman and translate them into a balanced diet.	K4	CO5