

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

**BSc DEGREE EXAMINATION MAY 2026
(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 × 1 = 10)

Module No.	Question No.	Question	K Level	CO
1	1	Which social factor influences human nutrition? (i) Climate (ii) Income (iii) Colour of food (iv) Packaging	K1	CO1
	2	ICMR stands for: (i) Indian Council of Medical Research (ii) International Council of Medical Research (iii) Indian Committee of Medical Research (iv) Indian Council of Modern Research	K2	CO1
2	3	Spell the hormone that is responsible for milk production? (i) Oxytocin (ii) Prolactin (iii) Estrogen (iv) Insulin	K1	CO2
	4	Find the common complication of pregnancy. (i) Pre-eclampsia (ii) Balanced diet (iii) Normal appetite (iv) Exercise	K2	CO2
3	5	During ____, rate of growth in the higher among all stages. (i) Adolescence (ii) Infancy (iii) Preschool age (iv) Adulthood	K1	CO3
	6	State which term refers to babies born before 37 weeks of gestation. (i) SGA (ii) LBW (iii) Preterm (iv) IUGR	K2	CO3
4	7	Which eating disorder is characterized by self-induced vomiting? (i) Obesity (ii) Bulimia nervosa (iii) Anaemia (iv) PMS	K1	CO4
	8	Which term refers to the first menstrual period? (i) Puberty (ii) Menarche (iii) Adolescence (iv) Pubescence	K2	CO4
5	9	Select the following, which is common during menopause. (i) Osteoporosis (ii) Tuberculosis (iii) Malaria (iv) Jaundice	K1	CO5
	10	Show the psychological factor that affects food intake in elderly. (i) Depression (ii) Growth spurt (iii) Puberty (iv) Menarche	K2	CO5

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.	Construct the vital link between nutrition and health.	K3	CO1
		(OR)		
	11.b.	Choose the importance of food composition tables?		
2	12.a.	Explain preconceptual nutritional status and its importance.	K3	CO2
		(OR)		
	12.b.	Discuss on nutritional and immunological composition of colostrum and breast milk.		
3	13.a.	Examine the rate of growth during infancy.	K4	CO3
		(OR)		
	13.b.	Infer on the growth, physical & physiological development in preschool children.		
4	14.a.	Analyze the importance of breakfast and planning of balanced packed lunch.	K4	CO4
		(OR)		
	14.b.	Inspect on the growth, development and nutrient requirements of adolescent girls.		
5	15.a.	Evaluate on the nutritional management during menopause.	K5	CO5
		(OR)		
	15.b.	Select on psychological and socioeconomic factors that affects food intake in elderly.		

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	Determine the application of food composition tables in diet planning.	K5	CO1
2	17	Assess the stages of pregnancy, symptoms and weight gain pattern.	K5	CO2
3	18	Criticise on nutritional management of preterm and low birth weight babies.	K5	CO3
4	19	Elaborate on food habits, food selection and factors affecting food choices in school children.	K6	CO4
5	20	Discuss on nutrient requirements of elderly people.	K6	CO5

Z-Z-Z

END