

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BVoc DEGREE EXAMINATION MAY 2026
(Sixth Semester)

Branch - FOOD PROCESSING TECHNOLOGY

NUTRITION FOR HEALTH & DISEASE

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	The first supplementary food introduced to infants is called (i) Formula milk (ii) Weaning food (iii) RDA diet (iv) Parenteral feed	K1	CO1
	2	Adolescence requires increased intake of (i) Fibre (ii) Protein (iii) Water (iv) Sodium	K2	CO1
2	3	RDA stands for (i) Recommended Dietary Allowance (ii) Required Diet Assessment (iii) Recommended Diet Amount (iv) Regulated Diet Allocation	K2	CO2
	4	Balanced diet for Indians is framed by (i) WHO (ii) ICMR (iii) FAO (iv) UNICEF	K2	CO2
3	5	MUAC measurement is mainly used to assess (i) Obesity (ii) PEM (iii) Diabetes (iv) Hypertension	K1	CO3
	6	Night blindness is due to deficiency of: (i) Vitamin C (ii) Iron (iii) Vitamin A (iv) Calcium	K2	CO3
4	7	Glycemic index measures: (i) Fat content (ii) Blood glucose response (iii) Protein value (iv) Fibre content	K1	CO4
	8	Clear fluid diet is prescribed for: (i) Normal adult (ii) Post-surgery patients (iii) Athletes (iv) Children	K2	CO4
5	9	Waist-hip ratio indicates risk of (i) Anemia (ii) Cardiovascular disease (iii) Rickets (iv) Gout	K1	CO5
	10	Enteral feeding is administered through (i) Vein (ii) Muscle (iii) GI tract (iv) Skin	K1	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.	Outline the nutrient requirements of preschool children with dietary guidelines.	K2	CO1
		(OR)		
	11.b.	Infer the points to be considered in packed lunches for school children.		
2	12.a.	Discuss special foods required during lactation.	K3	CO2
		(OR)		
	12.b.	Show the dietary requirements for menopausal and post-menopausal women.		
3	13.a.	Identify the factors attesting RDA.	K3	CO3
		(OR)		
	13.b.	Plan a days menu for fall- fluid diet.		
4	14.a.	Discuss anthropometric measurements and interpretation of BMI.	K3	CO4
		(OR)		
	14.b.	Develop a food supplement for iron deficiency anemia and explain.		
5	15.a.	Examine the dietary management of hypertension.	K4	CO5
		(OR)		
	15.b.	Discover the causes, symptoms for Gout and discuss the diet therapy.		

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	Elaborate nutrient requirements and product development for infants	K3	CO1
2	17	Identify the nutrition related problems of elders and explain the dietary modifications.	K3	CO2
3	18	Analyse the advantages and disadvantages of enteral and parenteral feeding.	K4	CO3
4	19	Examine the nutritional assessment methods(direct and indirect) in detail .	K4	CO4
5	20	Evaluate the causes and symptoms of cancer and discuss the dietary treatment.	K5	CO5

Z-Z-Z END