

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

**BSc DEGREE EXAMINATION DECEMBER 2022  
(Second Semester)**

Branch – **NUTRITION, FOOD SERVICE MANAGEMENT AND  
DIETETICS**

**NUTRITION IN HEALTH**

Time: Three Hours

Maximum: 50 Marks

**SECTION-A (5 Marks)**

Answer ALL questions

ALL questions carry EQUAL marks

(5 x 1 = 5)

- 1 A substance needed by the body for growth energy, repair and maintenance is called
 

(i) Water	(ii) Chemical composition
(iii) Molecules	(iv) Nutrient
- 2 Name the first milk, the baby gets from the mother's breast immediately after birth?
 

(i) Colostrum	(ii) Fatty acid
(iii) Amino acid	(iv) Colostearic
- 3 Requirement of protein in infant is
 

(i) 2.0 to 2.5g/kg/day	(ii) 2.0 to 2.9g/kg/day
(iii) 2.0 to 2.8g/kg/day	(iv) 2.0 to 3.5g/kg/day
- 4 Adoloscence is a crucial time for
 

(i) Skeletal system	(ii) Bone development
(iii) Mental development	(iv) Physical development
- 5 Body composition shifts with age, showing what change?
 

(i) Increase in fat mass	(ii) Increase in fat-free mass
(iii) Increase in bone and fat-free mass	(iv) Increase fat mass and decrease in fat-free mass

**SECTION - B (15 Marks)**

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

- 6 a What do you mean by minimal requirement? And How is it different from RDA?  
OR
- b Write the principles for deriving menu planning.
- 7 a Why anemia is common during pregnancy?  
OR
- b "Breast milk is the best milk". Justify the statements.
- 8 a Define weaning. Discuss the problems of weaning.  
OR
- b What are the special factors to be considered regarding the supplementary feeding of preschool age?

Cont...

- 9 a Discuss the points to be considered in planning packed lunch for school children.

OR

- b What do you mean by the term puberty and menarche?

- 10 a Write the important nutrient requirement for adulthood.

OR

- b Discuss briefly the characteristics of aging.

**SECTION -C (30 Marks)**

Answer ALL questions

ALL questions carry EQUAL Marks

(5 x 6 = 30)

- 11 a Discuss the food pyramid and guidelines for good health.

OR

- b Write the principles of RDA. And Discuss uses of RDA.

- 12 a Explain the physiological changes during pregnancy.

OR

- b Discuss the role of hormones in milk production.

- 13 a State the immunological benefits of breast feeding.

OR

- b Write the physical and physiological development of preschool age.

- 14 a Discuss the nutritional problems of school children.

OR

- b Write the growth and development of adolescent girls.

- 15 a Explain the menopause and osteoporosis in Adult woman.

OR

- b Discuss the nutrition and health care of the aged people.

Z-Z-Z

END