

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

**BSc DEGREE EXAMINATION MAY 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. _____ belong to sedentary worker.

(a) Workers in mines	(b) postman
(c) Masons	(d) typist
2. The first yellowish milk that secreted by a mother is called _____.

(a) Milk	(b) Yellow milk
(c) Colostrum	(d) Mature milk
3. The weight of babies categorized under low birth weight is _____.

(a) 2.5 kg	(b) Less than 2.5 kg
(c) 2.5-3kg	(d) 3kg
4. The most conspicuous visible change that occurs in boys during puberty is

(a) Development in voice box	(b) Increase in height
(c) Production of sperms.	(d) Increased sweating
5. Osteoporosis in women in post-menopausal phase due to

(a) Progesterone deficiency	(b) Oestrogen deficiency
(c) Increased oestrogen	(d) Increased progesterone

SECTION - B (15 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

- 6 a Define Growth and development.
OR
b Describe the food pyramid.
- 7 a Outline the weight gain during pregnancy.
OR
b Write a note on Galactagogue foods.
- 8 a Mention the advantages of breast feeding.
OR
b List out the need for supplementary feeding.
- 9 a Write a note on menarche.
OR
b Recall the Point to be Considered in planning a packed lunch.
- 10 a Infer on osteoporosis.
OR
b What are the characteristic of ageing?

Cont...

SECTION -C (30 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks

(5 x 6 = 30)

- 11 a Illustrate the principle of menu planning.
OR
b Describe how RDA beneficial for human.
- 12 a Summarize the complications during pregnancy.
OR
b Analyze the nutrient requirement that is needed during the lactation of 6-12months.
- 13 a Illustrate the growth and development during infancy.
OR
b Discuss the feeding problems of preschool children.
- 14 a Explain the nutritional problems faced by school going children.
OR
b Identify the nutrient requirements of adolescent boys 16-18 years.
- 15 a Enumerate the nutritional requirement of adult hood men.
OR
b Elaborate on physiological changes that occur during old age.

Z-Z-Z

END