

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)  
BSc DEGREE EXAMINATION DECEMBER 2019  
(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 x 1 = 10)

- 1 Identify RDA
  - (i) Recommended dietary allowances
  - (ii) Recommended dietary allotment
  - (iii) Recommendation of dietary allowances
  - (iv) Recommendation of dietary allotment
  
- 2 Name the food group of CHEESE.
  - (i) Meat products
  - (ii) Milk and milk products
  - (iii) Fats and oils
  - (iv) Pulses
  
- 3 Indicate the extra calories to be given during pregnancy is
  - (i) +250 kcal
  - (ii) +350 kcal
  - (iii) +450 kcal
  - (iv) +550 kcal

Which is the main carbohydrate source in breast milk is

  - (i) Sucrose
  - (ii) Fructose
  - (iii) Lactose
  - (iv) Maltodextrins

State the nutrient rich in Colostrum.

  - (i) Proteins
  - (ii) Antibodies
  - (iii) Calcium
  - (iv) Iron
  
- 6 Identify IUGR.
  - (i) Intra Uterine Growing Rate
  - (ii) Intra Uterine Growth Rate
  - (iii) Intra Uterine Growing Reduction
  - (iv) Intra Uterine Growth Reduction
  
- 7 Find the cause for Obesity.
  - (i) Decreased food intake
  - (ii) Increased fatty acids
  - (iii) Decreased fatty foods
  - (iv) Increased protein foods
  
- 8 Mention the predominant physiological changes during adolescence,
  - (i) Under weight
  - (ii) Bulimia
  - (iii) Puberty
  - (iv) Overweight
  
- 9 Which of the terms refers to those above 60 years of age?
  - (i) Pediatrics
  - (ii) Adolescent
  - (iii) Adult
  - (iv) Geriatrics
  
- 10 Define Menopause.
  - (i) Cessation of menstruation
  - (ii) Beginning of menstruation
  - (iii) Cessation of growth
  - (iv) Beginning of development

Cont...

**SECTION - B (25 Marks)**Answer **ALL** questions**ALL** questions carry **EQUAL** Marks ( 5 x 5 = 25)

- 11 a State the food selection process.  
OR  
b Bring out the uses of RDA.
- 12 a Develop nutritional requirement plan during lactation.  
OR  
b How ante natal care is important?
- 13 a Narrate IUGR.  
OR  
b Summarise the snacking pattern of preschoolers.
- 14 a Explain the influence of media on food habits of school children.  
OR  
b Describe Puberty.
- 15 a State the association of menopause and osteoporosis.  
OR  
b Show the biological changes in ageing.

**SECTION -C 140 Marks)**Answer **ALL** questions**ALL** questions carry **EQUAL** Marks ( 5 x 8 = 40)

- 16 a Highlight the concept and importance of food pyramid.  
OR  
b Elucidate the nutritive value calculation.
- 17 a Discuss the Physiological changes in Pregnancy.  
OR  
b Point out he foods that enhances lactation.
- 18 a Compare breast feeding vs. artificial feeding.  
OR  
b Examine Physical and physiological development in preschool age.
- 19 a Compare nutritional problems-obesity and underweight in school age.  
OR  
b Elucidate the growth and development of adolescent girl.
- 20 a Justify the role of physical activity ad lifestyle influencing adult food intake.  
OR  
b Describe the psychological factors related to the food intake of aged people.