

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

B.Voc DEGREE EXAMINATION MAY 2018
(Sixth Semester)

Branch - **FOOD PROCESSING TECHNOLOGY**

APPLIED NUTRITION

Time : Three Hours

Maximum : 75 Marks

SECTION-A (20 Marks)

Answer **ALL** questions

ALL questions carry **EQUAL** marks (10x2 = 20)

- 1 Define reference man and reference woman.
- 2 List the ICN approach to global food production.
- 3 Expand the following ICMR, NIN, CFTRI, DFRL.
- 4 List the non-governmental organisations concerned with food and nutrition.
- 5 Write any four dietary guidelines for an adolescent girl.
- 6 List some lactagogue foods for lactating woman.
- 7 Write any four low cost weaning foods.
- 8 What is RTE? List any two RTE foods for school children.
- 9 List the components of physical fitness.
- 10 Formulate a sport drink.

SECTION - B (25 Marks)

Answer **ALL** Questions

ALL Questions Carry **EQUAL** Marks (5 x 5 = 25)

- 11 a Give the ICMR RDA for an adult man doing heavy activity and plan a day's menu for the same subject.
OR
b Briefly discuss on food security at national level.
- 12 a Discuss on world food programme.
OR
b Explain the role of CFTRI in combating malnutrition.
- 13 a Briefly explain the post menopausal changes in woman.
OR
b Discuss the composition of human milk.
- 14 a Write short notes on infant formula mixes.
OR
b Give a brief note on the importance of packed lunch and suggest some healthy packaged lunch for school going children.
- 15 a Briefly explain the athletic fitness.
OR
b Give the importance of water and electrolytic balance for athletics.

SECTION - C (30 Marks)

Answer any **THREE** Questions

ALL Questions Carry **EQUAL** Marks (3 x 10 = 30)

- 16 Explain the principles and steps involved in menu planning.
- 17 Describe any two non-governmental organizations concerned with food and nutrition.
- 18 Describe the nutritional requirement for a sedentary lactating woman (0 - 6 months) and plan a day's menu for her.
- 19 Define weaning and explain the supplementary foods at home scale level.
- 20 Give the food and nutritional requirements for an athletic person and