

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)
BSc DEGREE EXAMINATION MAY 2018
(Second Semester)

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

NUTRITION IN HEALTH

Time : Three Hours

Maximum : 75 Marks

SECTION-A (20 Marks)

Answer **ALL** questions

ALL questions carry **EQUAL** marks (10 x 2 = 20)

- 1 What is food pyramid?
- 2 Mention any one application of RDA.
- 3 List any four complications of pregnancy.
- 4 What is meant by colostrum?
- 5 Define complementary foods.
- 6 Suggest snacks for pre school age children.
- 7 Define peak height velocity.
- 8 What is packed lunch?
- 9 Write the main cause of Osteoporosis in adult woman.
- 10 State the energy and protein requirements for athletes.

SECTION - B (25 Marks)

Answer **ALL** Questions

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

- 11 a Discuss food selection guidelines for good health.
OR
b What are the steps involved in planning a diet?
- 12 a Explain preconceptual nutrition.
OR
b Describe the composition of breast milk.
- 13 a Discuss on growth and development of infants.
OR
b Pre school children need supplementary feeding to maintain normal health – Justify it.
- 14 a Plan a day's menu for a 10 year old boy.
OR
b Discuss on behavioural changes and body image of adolescent girls.
- 15 a Write energy and protein requirements of adult male and female.
OR
b What are the characteristics of aging?

SECTION - C (30 Marks)

Answer any **THREE** Questions

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

- 16 Enumerate the principles of menu planning.
- 17 Elaborate on weight gain in pregnancy.
- 18 Summarize nutritional requirements for premature infant.
- 19 Bring out the nutritional problems of adolescents.
- 20 Describe physiological and bio-chemical changes in ageing.

Z-Z-Z

END