

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION MAY 2024
(First Semester)

Branch – FOODS & NUTRITION

NUTRITION THROUGH LIFE CYCLE

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(10 × 1 = 10)

Module No.	Question No.	Question	K Level	CO
1	1	Name the term: Pregnancy induced hypertension A) Eclampsia B) Preeclampsia C) Pica D) Odema	K1	CO3
	2	Choose the vitamin which has potential influence on pregnancy outcome preventing neural tube defects such as spina bifida. A) Folic acid B) Pyridoxine C) Niacin D) Thiamine	K2	CO5
2	3	Name the thick yellowish fluid secreted by mammary glands in the first few days after delivery. A) Foremilk B) Hindmilk C) Colostrum D) Mature milk	K1	CO3
	4	Identify the problems of preterm baby feeding. A) Poor gag reflex B) Poor sucking C) High calorie requirement D) All of the above	K2	CO2
3	5	Label the disorder involving repeated or chronic ingestion of non- nutrient substances. A) Picky eating B) Pica C) Eating disorder D) Feeding disorder	K1	CO1
	6	Choose the condition in which softening and dissolution of the cornea occurs. A) Corneal xerosis B) Bitot's spot C) Keratomalacia D) Night blindness	K2	CO5
4	7	Spell the eating disorder involving secretive bingeing and then purging by vomiting or mis use of laxatives. A) Bulimia nervosa B) Anorexia nervosa C) Binge eating disorder D) Obesity	K1	CO2
	8	Infer the nutrition related problems of old age. A) Osteoporosis B) Anaemia C) Rickets D) Osteoporosis and Anaemia	K2	CO1
5	9	Choose the fuel used by muscles for intense exercise of short duration. A) Phosphocreatine B) Ketone bodies C) Fat D) Glycogen	K1	CO4
	10	Show the example for aerobic exercise. A) Sprinting B) Jumping C) Running D) Weight lifting	K2	CO4

SECTION - B (35 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks (5 × 7 = 35)

Module No.	Question No.	Question	K Level	CO
1	11.a.	Examine the principles of deriving RDA.	K4	CO3
	(OR)			
	11.b.	List the factors affecting birth weight of infants.		
2	12.a.	Analyse the hormonal control and reflex action of lactation.	K4	CO3 CO5
	(OR)			
	12.b.	Inspect the need for introducing weaning foods in an infant's diet and give a schedule for it.		
3	13.a.	Identify the nutrition related problems of pre-schoolers.	K3	CO1
	(OR)			
	13.b.	Provide guidelines for planning packed lunch for school going children.		
4	14.a.	Plan a day's menu for a sedentary working adult man who is overweight.	K3	CO2
	(OR)			
	14.b.	Develop a day's menu for a sedentary working adult woman.		
5	15.a.	Explain the protein metabolism during exercise and identify health risks of excessive protein intake.	K5	CO4 CO3
	(OR)			
	15.b.	Assess the benefits and limitations of different types of supplements used by sports personnel.		

SECTION -C (30 Marks)

Answer ANY THREE questions

ALL questions carry EQUAL Marks (3 × 10 = 30)

Module No.	Question No.	Question	K Level	CO
1	16	Identify the nutritional requirements during pregnancy.	K3	CO1
2	17	Choose the advantages of breast feeding.	K3	CO5
3	18	Recommend nutritional assessment tool for pediatrics.	K5	CO3
4	19	Ascertain the nutritional importance in adolescence.	K4	CO1
5	20	Analyse the nutritional needs and recommend dietary guidelines for military personnel.	K4	CO4