

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)

BSc DEGREE EXAMINATION DECEMBER 2023  
(Second Semester)

Branch - NUTRITION, FOOD SERVICE MANAGEMENT & 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 Which is the graphical representation of Balanced diet?  
(i) Menu plan (ii) Menu Card  
(iii) Food Pyramid (iv) Food Service
- 2 Preterm birth of child means \_\_\_\_\_  
(i) Pre mature birth (ii) un matured birth  
(iii) Fully matured birth (iv) matured child not alive
- 3 Iron binding protein found in breast milk is \_\_\_\_\_  
(i) Lactogen (ii) Glycogen  
(iii) Lactoferrin (iv) Albumin
- 4 Supplementary feeding is also known as \_\_\_\_\_  
(i) Complementary feeding (ii) Tube feeding  
(iii) Additional feeding (iv) Infant feeding
- 5 Many people faces changes in Vision during \_\_\_\_\_.  
(i) Adult hood (ii) Child hood  
(iii) Old age (iv) Infants

SECTION - B (15 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

- 6 a) Write about food Pyramid.  
OR  
b) Explain on Recommended dietary allowance.
- 7 a) Discuss about complications of Pregnancy.  
OR  
b) Enumerate the immunological components of breast milk.
- 8 a) Write note on weaning foods.  
OR  
b) Justify the needs for supplementary feeding.
- 9 a) How will you select food for Children?  
OR  
b) Analyze about Anemia.

Cont...

- 10 a) Who is a Reference man and Reference woman?  
OR  
b) Enumerate the characteristics of Ageing.

**SECTION -C (30 Marks)**

Answer **ALL** questions

**ALL** questions carry **EQUAL** Marks

(5 x 6 = 30)

- 11 a) Discuss the Principles of Menu Plan.  
OR  
b) Explain the Purchasing methods in hotel.
- 12 a) Justify Anti natal care.  
OR  
b) Enumerate the Physiology of Lactation.
- 13 a) Explain the Advantages of Breast milk.  
OR  
b) Describe the Growth and development of Pre School Children.
- 14 a) Discuss the factors affecting food choices.  
OR  
b) Analyse the influence of media in food habits.
- 15 a) Write note on Osteoporosis.  
OR  
b) Discuss the Dietary management for old age.

Z-Z-Z

END