

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)

MSc DEGREE EXAMINATION DECEMBER 2022  
(First Semester)

Branch – FOODS AND NUTRITION

**NUTRITION THROUGH LIFE CYCLE / 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. Find the weight gain during the first three months of pregnancy ---  
(i) 500-750 g (ii) 750-1000g  
(iii) 1000-2000g (iv) 2000-3000g
2. Mention the hormone that stimulates milk production.  
(i) Estrogen (ii) Progesterone  
(iii) Prolactin (iv) Oxytocin.
3. Which oil is preferred for a child with PEM?  
(i) Coconut oil (ii) Groundnut oil  
(iii) Sesame oil (iv) sunflower oil
4. Which is not a symptom of Premenstrual Syndrome?  
(i) Headache (ii) anxiety  
(iii) irritability (iv) decreased appetite
5. State the product supplied from both circulating blood glucose and stored glycogen.  
(i) Glucose (ii) galactose  
(iii) Glucose 6 phosphate (iv) Fructose 6 phosphate

**SECTION - B (15 Marks)**

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

6. a. Discuss on implantation and organogenesis during pregnancy.  
(OR)  
b. Explain the factors affecting birth weight of infants.
7. a. Determine the efficiency of milk production.  
(OR)  
b. Choose the nutrient characteristics of infant formula.
8. a. Watching television is associated with eating disorder- Justify it.  
(OR)  
b. Produce the tools and techniques for measuring head circumference and chest circumference of Preschool children.
9. a. Show the hormonal influence on growth and development in adolescents.  
(OR)  
b. Recommend nutritional considerations for old age persons.

Cont...

10. a. Discuss on an aerobic exercise.

(OR)

b. State the sports supplements for an athlete.

**SECTION -C (30 Marks)**

Answer ALL questions

ALL questions carry EQUAL Marks

(5 x 6 = 30)

11. a. Analyse maternal physiological adjustments during pregnancy.

(OR)

b. Assess risk factors for poor pregnancy outcome in Teenage.

12. a. Illustrate the development of breast during Lactation.

(OR)

b. Compare feeding of preterm infant with full term infant.

13. a. Determine psychosocial interactions on appetite among preschool children.

(OR)

b. Construct the causes of obesity and anaemia in school children.

14. a. Plan a day's vegetarian menu for an adult male.

(OR)

b. Discuss on common health problems in old age.

15. a. Enumerate on Glucose homeostasis during exercise.

(OR)

b. Elucidate on nutritional needs of military persons.

Z-Z-Z

END