

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION MAY 2019
(First Semester)

Branch - CLINICAL NUTRITION AND DIETETICS

LIFE SPAN NUTRITION

Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks (10 x 1 = 10)

- 1 Craving for non food substances during pregnancy is known as
(i) Anemia (ii) Megaloblastic anemia
(iii) Nausea (iv) Pica
 - 2 Colostrum is very good as it is rich in proteins and
(i) carbohydrates (ii) minerals
(iii) vitamins (iv) antibodies
 - 3 Expand RCA
(i) Recommended Dietary Allowances (ii) Recommendation Diet Allotment
(iii) Recommended Dietary Allotment (iv) Recommendation of Dietary Allowances
 - 4 Identify the instruments used to measure the length of an infant.
(i) Stadiometer (ii) Weighing Scale
(iii) Infantometer (iv) Measuring tape
 - 5 State the additional calorie requirements for nursing mother (first six months)
(i) 500 kcal (ii) 550 kcal
(iii) 600 kasl (iv) 650 kcal
 - 6 Inadequate intake of Calcium & Phosphorous in elderly person will result in
(i) Osteopenia (ii) Anemia
(iii) Acidosis (iv) Alkalosis
 - 7 During adolescence, calcium recommended for the male compared to the female is
(i) lower (ii) higher
(iii) equal (iv) none of the above
 - 8 Soy based formulae should be chosen for neonates with
(i) extremely low birth weight (ii) necrotizing enterocolitis
(iii) delayed gastric emptying (iv) lactose intolerance
 - 9 Identify the major nutrition goal for children and adolescence with type I diabetes is
(i) maintenance of normal growth (ii) maintenance of blood sugar levels
(iii) improving appetite and eating habits (iv) esophageal obstruction
- Which parameter is used to measure the abnormal growth of a child?
(i) Bone age test (ii) Measurement of weight and length
(iii) Measurement of BMI (iv) None of the above

Cont...

SECTION - B (35 Marks)

Answer **ALL** Questions

ALL Questions Carry **EQUAL** Marks (5 x 7 = 35)

- 11 a Explain the weight gain pattern in pregnancy.
OR
b List and define any 2 main dietary reference intakes of Indians.
- 12 a Discuss the advantages of Breast milk.
OR
b Justify the statement - Infancy is the period of rapid growth.
- 13 a What are the points to be remembered while planning a packed lunch for school going children?
OR
b Explain the nutritional problems of preschoolers.
- 14 a Discuss the nutritional problems of adolescents.
OR
b Discuss the dietary guidelines for adolescence.
- 15 a Explain the factors influencing the nutritional requirements of adult.
OR
b Explain the age related changes during old age.

SECTION - C (30 Marks)

Answer any **THREE** Questions

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

- 16 Enumerate (i) the physiological changes during pregnancy
(ii) nutritional requirements during pregnancy.
- 17 Enumerate (i) the role of hormones in milk production
(ii) composition of colostrum and its nutritional significance .
- 18 Elucidate eating behaviour and the factors influencing the food choices of preschool children.
- 19 Enumerate the “Physical & Psychological development of adolescents” and “Iron deficiency anaemia”.
- 20 Analyse the importance of calcium and fiber in old age and the factors influencing nutritional requirements of elderly..