

**PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)**

**BSc DEGREE EXAMINATION MAY 2019
(Second Semester)**

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

NUTRITION IN HEALTH

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer **ALL** questions

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

- 1 What is balanced diet?
 - (i) Meet the nutritional requirement of an individual
 - (ii) Satisfy taste buds
 - (iii) Providing colorful meal (iv) Flavor enhanced food item
- 2 Identify the maximum percentage of energy derived from cereals in food pyramid
 - (i) 55 (ii) 65
 - (iii) 75 (iv) 85
- 3 What is the term for unnatural food craving?
 - (i) Pica (ii) Appetite
 - (iii) Hunger (iv) Indigestion
- 4 Which hormone is responsible for letdown reflex during lactation
 - (i) Prolactin (ii) Oxytocin
 - (iii) Thyroid (iv) Admalin
- 5 Define 1-3 year old pediatric age group
 - (i) Neonates (ii) Infants
 - (iii) Toddlers (iv) Preschoolers
- 6 Identify the term "Beikosf"
 - (i) Weaning (ii) Liquids
 - (iii) Solids (iv) Semisolids
- 7 Find the two micronutrients that globally affect growth of adolescents
 - (i) Calcium & folate (ii) Folate & iron
 - (iii) Iron & calcium (iv) Iodine & iron
- 8 Define anorexia nervosa.
 - (i) Growth reduction (ii) Eating disorder
 - (iii) Aging factor (iv) Weight gain process
- 9 What is Osteoporosis?
 - (i) Decrease in bone composition (ii) Increase in bone composition
 - (iii) Increase in total bone mass (iv) Decrease in total bone mass
- 10 State the cause for decreased energy intake in the elderly people
 - (i) Increased BMR (ii) Decreased BMR
 - (iii) Increased BMI (iv) Decreased BMI

Cont...

SECTION - B (25 Marks)

Answer **ALL** questions

ALL questions carry **EQUAL** Marks (5 x 5 = 25)

11 a Explain food storage process.

OR

b Prepare the guidelines for good health.

12 a Develop nutritional requirement plan during pregnancy.

OR

b Show the stages of pregnancy.

13 a Narrate premature infants.

OR

b State the milestones in the development of infants.

14 a Summarise the nutrition considerations in school age.

OR

b Explain the psychological issues common in adolescence.

15 a Show the role of family responsibility in adult health.

OR

b Discuss the characteristics of aging.

SECTION -C (40 Marks)

Answer **ALL** questions

ALL questions carry **EQUAL** Marks (5 x 8 = 40)

16 a Enumerate the vital link between nutrition and health.

OR

b Discuss the principle of menu planning.

17 a Discuss the physiology of lactation.

OR

b Point out the complication occur during pregnancy.

18 a Justify the importance of weaning and supplementary foods.

OR

b Analyze the feeding problems in preschool age.

19 a Summarize the factors to be considered in packed lunch system.

OR

b Discuss the nutritional problems - Anaemia and Anorexia nervosa in adolescence.

20 a Compare the nutrient requirement of reference man and woman.

OR

b Examine nutrition and health care of aged people.