

2018

CBCS

3rd Semester

NUTRITION

PAPER—C5T

(Honours)

Full Marks : 40

Time : 2 Hours

The figures in the right-hand margin indicate full marks.

Candidates are required to give their answers in their own words as far as practicable.

Illustrate the answers wherever necessary.

Family Meal Management & Meal Planning

1. Answer any five questions : 5×2

(a) Write the names of any two galactogogues.

(b) Define food faddism.

(c) Classify LBW as per standard rule.

(Turn Over)

- (d) What are the ideal landmarks for skin fold thickness measurement ?
- (e) Write any two importances of adequate iodine in the diet of pregnant mother.
- (f) Write the full form of SIDS and SAM.
- (g) Write any two importances of colostrum feeding.
- (h) What is carbohydrate loading ?

2. Answer any four questions : --

4×5

- (a) (i) State the justification of extra energy needed for pregnant mother.
- (ii) Describe the antenatal care adopted during antenatal visit mentioning its justification.

$2+(1\frac{1}{2}+1\frac{1}{2})$

- (b) (i) State the importance of weaning.
- (ii) What is formula feeding and its justification ? ✓

$2+(1\frac{1}{2}+1\frac{1}{2})$

- (c) (i) Write any two major differences between growth and development.
- (ii) Describe in brief about the management of growth faltering in childhood. 2+3
- (d) (i) State the importance of first class protein and calcium in nutrition of school going children.
- (ii) Define W:H (ratio). State its importance for nutrition status assessment.
- ($1\frac{1}{2}+1\frac{1}{2}$)+(1+1)
- (e) (i) Write the importance of dietary fibre in geriatric diet.
- (ii) State the importance of UFA in geriatric diet. 3+2
- (f) (i) State energy distribution of an ideal Indian meals having frequency four/day.
- (ii) Write the special diet provided to the space person. 2+3

3. Answer any one question : 1×10

(a) (i) Write the steps adopted for planning of meals for a family.

(ii) State the nutritive value of any one common Indian recipe. 6+4

(b) (i) State the advantages of breast feeding from the view points of maternal health and infantile health.

(ii) Write the nutritional care of toddlers in brief. (4+2)+4
