



বিদ্যাসাগর বিশ্ববিদ্যালয়  
**VIDYASAGAR UNIVERSITY**  
**Question Paper**

**B.Sc. Honours Examinations 2020**

(Under CBCS Pattern)

**Semester - III**

**Subject : NUTRITION**

**Paper : C 5-T & C 5-P**

**Family meal management and meal planning**

**Full Marks : 60 (Theory-40 + Practical-20)**

**Time : 3 Hours**

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

*The figures in the margin indicate full marks.*

**[ Theory ]**

Answer any *two* questions from the following :

2×20

1. (a) What are the physiological changes occurring during pregnancy? Write the complications of pregnancy.
  - (b) Write down the nutritional requirements during lactation with proper explanation.
  - (c) Describe briefly the immunological importance of breast feeding. What are the advantages and disadvantages of artificial feeding?
2. (a) Write the principles of meal planning.
  - (b) What are the relevant criteria to be considered for meal planning?
  - (c) Write down the nutritional requirement of old age person. Write about the geriatric health problems.

3. (a) Explain the term 'Sports Nutrition'.
- (b) How do various nutrients affect sports performance?
- (c) What kind of dietary modification is required for space person?
4. (a) What are the dietary guidelines provided for preschool children?
- (b) Describe about 'Food faddism'.
- (c) How will you manage preterm babies from the view point of nutrition?

**[ Practical ]**

Answer any *one* question from the following :

1×20

1. Plan and prepare a balanced diet for a pregnant woman who is in 1<sup>st</sup> trimester stage.
  2. What is packed lunch? Describe the preparation of any packed lunch along with its nutritional significance.
  3. What is weaning? Formulate the weaning food for a 7 month child.
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