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PG CBCS
M.Sc. Semester-I Examination, 2021
FOOD SCIENCE & NUTRITION
 PAPER: FSN 101
(BASIC NUTRITION AND HEALTH)

Full Marks: 40**Time: 2 Hours****Answer any FOUR questions:****4X10=40**

1. What is galactogogues? Discuss let down reflex with schematic diagram. What do you mean by lacto genesis? 3+4+3
2. What is PIH? Discuss about the physiological changes during pregnancy. What is antenatal care? 2+6+2
3. Write the difference between growth and development. What is lost cost Infant Milk Substitute? What are the immunological advantages of breast milk? 3+2+5
4. Why osteoporosis is common during old age? How the osteoporosis can be managed during old age? Write the role of functional foods on anti-inflammatory activities. 3+4+3
5. What do you mean by ABCD methods in nutrition assessment process? Write any two biomarkers and their clinical significance in disease diagnosis. 4+6
6. State the Free radical theory and Wear & Tear theory of aging. What are the common nutritional problems are noted in geriatric stage. 4+6
7. What do you mean by Nutrition Education? Write the importance of Nutrition education. What are the common methods are used in Nutrition Education?
8. Briefly discuss about the Direct Intervention of National Nutrition Policy (NNP) with strategies. 10
9. What are the objectives of Mid-Day Meal Program? What are the services are provided through ICDS centre? Write the role of NGO in community nutrition development. 3+3+6
10. Define food security. State the importance of food security to combat the nutritional deficiency in community. 2+8
