



বিদ্যাসাগর বিশ্ববিদ্যালয়
VIDYASAGAR UNIVERSITY

Question Paper

B.Sc. Honours Examinations 2021

(Under CBCS Pattern)

Semester - III

Subject: NUTRITION

Paper: C 5-T & P

(Family meal management and meal planning)

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

Time : 3 Hours

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

The figures in the margin indicate full marks.

(Theory : 40 Marks)

Group - A

1. Answer any **three** questions from the following : 12×3=36

(a) (i) Write about non-nutritional factors which effecting pregnancy outcome.

(ii) Why extra nutrients are essential during pregnancy ?

(iii) Write the causes of nausea and vomiting during pregnancy. Write the management process of it ? 4+4+2+2

(b) (i) What do you mean by exclusive breast feeding ? Write the advantage of it ?

- (ii) Write the conditions where bottle feeding is needed ?
- (iii) Write the composition and importance of colostrum. 2+3+2+5
- (c) (i) Write the nutritional requirement during late adolescent phase.
- (ii) What are the health problems noted in preterm baby and LBW ?
- (iii) What is formula feed ? 5+5+2
- (d) (i) Write the difference between growth and development.
- (ii) How do you assess the growth through waist hip ratio ?
- (iii) What are the reproductive changes noted during adolescent phase ? 4+4+4
- (e) (i) What are the body changes noted during geriatric stage ?
- (ii) State the major health problems occurs in geriatrics persons ?
- (iii) Why are water and electrolytes essential during old age ? 4+4+4
- (f) (i) Define ergogenic aids ? Write the importance of it.
- (ii) Write the advantages and disadvantages of non-vegetarian diet.
- (iii) Write about faulty food habit. 5+4+3

Group - B

2. Answer any *two* questions from the following : 2×2=4
- (a) What is food aversion ?
- (b) Write about sacropenia.
- (c) Define galactogogues.
- (d) Write about special diet for space.

(Practical : 20 Marks)

1. Plan and prepare a balanced diet for a 14 years adolescent girl. 20

Or,

Data should be considered as Indian standard value. 20

Vidyasagar University