



বিদ্যাসাগর বিশ্ববিদ্যালয়
VIDYASAGAR UNIVERSITY

Question Paper

B.Sc. Honours Examinations 2021

(Under CBCS Pattern)

Semester - VI

Subject: NUTRITION

Paper : DSE 3-T & P

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.

Geriatric Nutrition

[Theory]

Answer *any two* of the following:

2×15=30

1. Briefly discuss about the theories of ageing (Disengagement theory & activity theory). Write about the interaction between physiological and biological process in ageing. What kind of dietary modification should be required during old age? 5+5+5
2. Discuss about the crime against elderly. Write a short note on Alzheimer disease & Parkinson's disease. How do you assess the nutritional status of an older adult? 5+5+5
3. Write any four major health problems during old age. What do you mean by REBT? Explain the causes behind osteoporosis. 5+3+7

4. Write the importance of geriatric guidance and counselling. Explain the function of NGOs & Govt. organizations for upgradation of economic status of old age people. Briefly discuss the challenges of ageing.

3+6+6

Answer *any one* of the following:

1×10=10

5. Write a note on different geriatric services in India. Write the effect of horticulture therapy on elder person. 5+5
6. What is demography? What kind of physiological and mental changes occurred during old age? Mention the role of family in this stage. 2+4+4

[Practical]

Answer *any one* of the following:

1×20=20

7. Write the method of preparation of any semi-solid diet for older person. Describe nutritional importance of this diet. 20
8. Prepare an easily digestible menu for an older person. Describe nutritional importance of soft diet. 20
9. Submit a field visit report on old age home. (In report you should explain the proper procedure for assessing nutritional status & dietary counselling). 20

Personnel Management and Food Service Management

[Theory]

Answer *any two* of the following:

2×15=30

1. What is food service organization? Define food service management. Briefly discuss about two types of food service organization. 4 + 6 + 5
2. Write the techniques of effective food service management? Describe the role of food safety and sanitation in a food service unit. 8+7
3. Define the material management. What do you mean by material management? Write the importance of material management. 3+5+7
4. What is purchasing? Write the principles of purchasing. Briefly write about the principle of purchasing. 4+5+ 6

Answer *any one* of the following:

1×10=10

5. What do you mean by store room management? Write the duties and responsibilities of purchase manager. Write about the need for specialized purchasing and storing. 2+4+4
6. Describe inventory control with its type. Discuss the principles of labour policies. 6+4

[Practical]

Answer *any one* of the following:

1×20=20

1. Frame out a model of work simplification considering food preparation, calculating work unit, time norms etc. 20
2. Write a model budgeting for a food service unit. 20
3. Prepare a model report for personnel recruitment in a food service unit. 20

Nutrition Communication for Health Promotion

[Theory]

Answer *any two* of the following:

2×15=30

1. What are the important purposes of guidelines on diet and nutrition? Discuss about the critical appraisal of the current national guidelines on diet and nutrition. 5+10
2. Illustrate the theories of food choices. Give your idea about the objectives of communication for behaviour change. 9+6
3. Write about the 'nutrition education' plan of India. What do you mean by social marketing? How does social marketing influence nutritional health promotion? 7+4+4
4. What do you mean by capacity building? What types of training strategies are evolved for the nutrition educators or trainers? What do you mean by strategic planning and operational planning? 4+6+5

Answer *any one* of the following:

1×10=10

5. What are the basic criteria for designing nutrition and health messages? Enumerate your idea about implementing social and behaviour change communication intervention. 4+6
6. What is 'Nutrition Advocacy'? What are the tools of 'Nutrition Advocacy'? State few ethical guidelines in implementing nutrition and health communication. 2+3+5

[Practical]

Answer *any one* of the following:

1×20=20

1. Write the materials and methods of planning of communication strategies for public health nutrition problems among any vulnerable group in the community. 20
 2. Submit short review of communication strategies being used in ICDS. 20
 3. Submit short review of communication strategies being used in Mid-day –meal programme. 20
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