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B.Sc/3rd Sem (H)/NUTR/22(CBCS)

2022

3rd Semester Examination

NUTRITION (Honours)

Paper : C 5-T

[Family Meal Management and Meal Planning]

[CBCS]

Full Marks : 40

Time : Two Hours

*The figures in the margin indicate full marks.
Candidates are required to give their answers
in their own words as far as practicable.*

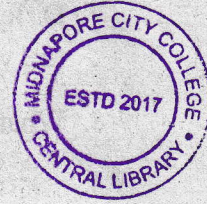
Group - A

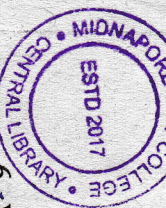
A. Answer any *five* questions : $2 \times 5 = 10$

1. What is food faddism?
2. Differentiate between normal diet and therapeutic diet.
3. What is the impact of caffeine intake in pregnancy and lactation?
4. What types of food can be provided to an athlete for instant energy?
5. What kind of milk can be provided to toddlers and how much?

P.T.O.

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(2)

6. What is galactogouges? Write the names of any two food stuffs which are known as galactogouges.

7. Differentiate between gross fuel value and physiological fuel value.

8. What are the causes of growth faltering?

Group - B

B. Answer any *four* questions : $5 \times 4 = 20$

9. Explain the role of hormones in milk production. "Inspite of breast feeding the infant does not thrive"—Explain. $3+2$

10. Discuss the role of folic acid and iron during pregnancy. Write a short note on "adolescent pregnancy". $3+2$

11. Briefly discuss the nutritional requirement of pre-school child. What are the special factors to be considered regarding the nutritional management of that child? $4+1$

12. Discuss the beneficial aspects of exclusive breast feeding. What are your suggestions about the management of a low birth weight baby? $3+2$

13. Define the term "Nutritional Anthropometry". Discuss any four anthropometric methods which are helpful in assessing the nutritional status of a school going girl. $2+3$

14. Write the significance of growth chart. How growth chart is used for growth monitoring? $2+3$

(3)
Group - C



C. Answer any *one* question : $10 \times 1 = 10$

15. Discuss the factors affecting growth and development. List the pre-pubertal and pubertal changes during adolescence. $3+3+4$

16. Give the complete RDA for a pregnant woman who is in last trimester of pregnancy. What modifications in diet would you suggest for a pregnant woman? State the immunological benefits of breast feeding. $4+4+2$