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B.Sc./3rd Sem (H)/NUTR/23(CBCS)

2023

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**

Answer any *five* of the following questions :  $2 \times 5 = 10$

1. Write the importance of Lacto Bacillus Bifidus Factor.
2. What is 'Let down Reflex'?
3. Write down the disadvantages of artificial feeding.
4. What is Muscular Endurance?
5. What is colostrum?
6. State the significance of glycogen loading.

P.T.O.



( 2 )



7. What is Food Faddism?
8. Why is osteoporosis common during old age?

**Group - B**

Answer any *four* of the following questions : 5×4=20

9. Why anaemia is common during pregnancy? What modification in diet would you suggest during pregnancy? 2+3
10. List the guideline for planning a balanced diet for the elderly. 5
11. What is expressed milk? Explain the role of hormone in milk production. 2+3
12. Briefly discuss the advantages and disadvantages of vegetarianism. 3+2
13. What is 'Food Exchange List'? Explain the principles of planning a meal. 2+3
14. Mention the recommended intake of iron during lactation. Write a note on galactogogue. 1+4

**Group - C**

Answer any *one* of the following questions : 10×1=10

15. What is Bulimia? Explain the objectives of 'Mid-day-meal' Program. Explain the nutritional requirement of toddler. 2+3+5

( 3 )



16. (a) What are the physiological changes during old age? Why should an elderly person consume 'whole wheat chapatti' instead of bread?
- (b) Write in detail about the importance of BMI as an anthropometric tool. (4+2)+4