

# KANYASHREE UNIVERSITY

M.Sc. 3<sup>rd</sup> Semester Examination-2023

Subject: Food & Nutrition

Course-GEC

Family Nutrition and Health

Full Marks-40

Time-2.00 Hours

## Group A

[Answer **any four** of the following]

5×4=20

1. What are the basic 5 food groups? Define balanced diet. [3+2]
2. Write a short note on galactagogue. [5]
3. How macronutrient requirements are modified during old age? [5]
4. Write down the different supplementary foods used in weaning period. [5]
5. Describe the different functions of food. [5]
6. Write down the requirements of micronutrients for a 28 years old sedentary man. [5]
7. Write a short note on artificial feeding. [5]

## Group B

[Answer **any two** of the following]

10×2=20

1. Define Gestational Diabetes Mellitus. Discuss the dietary management for a person who is suffering from CVD. [2+8]
2. A girl named Priya is 5 feet 6 inches tall. Her weight is 83 kg. In which BMI range (both WHO and Asians) she belongs to? Write down two limitations of this method. [8+2]
3. A 3-year-old child have oedema in both feet. His muscle is wasted. The child is also deficit in weight for height. Plan a dietary management for this child. [10]
4. State the importance of the following nutrients during pregnancy. [5×2]
  - i. Calcium
  - ii. Iron
  - iii. Iodine
  - iv. Dietary folate
  - v. Vitamin B<sub>12</sub>

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