

KANYASHREE UNIVERSITY

M.Sc. 1st Semester Examination-2023

Subject: Food & Nutrition

Course- CC 1

Basic Nutrition and Health

Full Marks-40

Time-2.00 Hours

Group A

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

5×4=20

Write a short note on:-

1. Dietary guidelines for planning balanced diets for elderly.
2. Relationship between maternal nutritional status and foetal outcome.
3. "Human milk is the best food for the baby". Discuss the statement with reference to composition of milk.
4. Guidelines for feeding 6 - 12 months infant
5. Physiological changes during Pregnancy
6. Let down reflex
7. Antenatal Care

Group B

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

10×2=20

1. Explain the features/changes which influence the nutrient needs of adolescent. Which nutrients would you emphasize in the diet of an adolescent and why? [5+5]
2. "The nutrient requirement of adults are influenced by age, sex and activity level". Justify the statement giving appropriate examples. [10]
3. Discuss the significance of weight gain during pregnancy. Discuss the feeding problems of LBW babies. [5+5]
4. Discuss the points to be considered in planning diets for school children. Give recipe of two 'low-cost school tiffin'. Write a note on adolescent obesity. [5+3+2]
