

KANYASHREE UNIVERSITY

M.Sc. 1st Semester Examination-2024

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)

1. Give ICMR RDA [Protein, Calcium, Vitamin A, Folic acid] for a Lactating woman.
2. Describe briefly complications during Pregnancy.
3. Describe the effect of malnutrition on pregnancy outcome.
4. What are advantages of Exclusive Breast feeding?
5. Explain the dietary guidelines for preschool children.
6. Write a short note of Weaning.
7. Write a short note on My Plate of The Day.

Group B

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

(10×2=20)

1. How maternal malnutrition affect lactation? Explain the role of hormones in milk production and milk ejection. [5+5]
2. Plan a diet chart for a 62-year-old man. Describe the special nutritional need of geriatric people. [5+5]
3. Give the RDA of 13-year-old girl. Discuss their growth and development. [5+5]
4. Write the composition of Colostrum. Compare the nutritive value of human milk and cow's milk. Cognitive performances and IQ are better in those who are breastfed than the artificially fed child- Express your opinion in this issue. [2+3+5]
