

2019

NUTRITION

[Honours]

PAPER – II

Full Marks : 90

Time : 4 hours

The figures in the right hand margin indicate marks

Candidates are required to give their answers in their own words as far as practicable

Illustrate the answers wherever necessary

UNIT – 3

(Marks : 45)

GROUP – A

1. Answer any five questions from the following : 2×5
 - (a) What is Indian reference woman ?
 - (b) What is malnutrition ?

(Turn Over)

- (c) Define BMR.
- (d) What is growth faltering ?
- (e) Define a weaning.
- (f) Write the value of 1 ACU.
- (g) Write the importance of Quetlet index.
- (h) Write the energy requirement of man and woman performing sedentary work.

GROUP – B

Answer any **four** questions from the following :

5 × 4

- 2. Enumerate the nutritional problems during adolescence period. 5
- 3. Write the importance of breast feeding. 5
- 4. Elaborate the nutrition requirements of preschool children. 5
- 5. Discuss the nutritional guideline of male short distance runner. 5

6. What are the required criteria for the formulation of space diet. 5
7. What is 'Let down reflex'? Write the importance of galactogogues during lactation. 2 + 3
8. Discuss the importance of weaning by mentioning the principle of it. 5

GROUP – C

Answer any **one** of the following question : 15 × 1

9. (a) Describe the nutritional requirements during pregnancy with justification.
- (b) Discuss the different types of pregnancy related complications.
- (c) Write the dietary guideline for meal formulation of a pregnant mother. 6 + 5 + 4
10. (a) Discuss the nutritional problems during old age.
- (b) Write the importance of antioxidant in diet for a geriatric person.

- (c) Discuss the dietary guideline of an aged person. 6 + 3 + 6

UNIT – 4

(Marks : 45)

GROUP – D

11. Answer any *five* from the following questions : 2×5

- (a) What is 'Demography' ?
- (b) What do you mean by 'Epidemiology' ?
- (c) Write the name of any two vectors borne disease.
- (d) Write the name of two adulterants with any one health hazard of each.
- (e) What is 'Ricket' ?
- (f) Write any two causes of vitamin D deficiency in our body.
- (g) What is food adulteration ?
- (h) What is MMR ?

GROUP – E

Answer any **four** from the following questions : 5×4

12. Write the methods of diet survey. 5
13. Write the causes of PEM. 5
14. What is 'Nutritional Surveillance' ? Write the importance of 'Nutritional Surveillance'. $2 + 3$
15. Write the aims of 'Epidemiology' ? Write its tools. $2 + 3$
16. What is food availability ? Discuss about the factors affecting food availability. $2 + 3$
17. Discuss the advantages and disadvantages of nutritional assessment by anthropometry. $2\frac{1}{2} + 2\frac{1}{2}$
18. Describe the disaster (flood) management in terms of food consumption. 5

GROUP – F

Answer any **one** of the following question : 15×1

19. (a) What are the features of cohort study ?

- (b) Write the methods of case control study.
- (c) State the differences between case control study and cohort study.
- (d) Define incidence rate, prevalence rate and crude death rate. 4 + 4 + 4 + 3

20. (a) Discuss the approaches of the prevention of malnutrition in our community.

(b) What is Codex Alimentarius Commission ?
What is its importance ?

(c) Discuss about family food security. 8 + (2 + 1) + 4
