

**2015**

**M.Sc. Part-II Examination**

**DIETETICS AND COMMUNITY NUTRITION MANAGEMENT**

**PAPER—VII (Unit-14)**

*Full Marks : 50*

*Time : 2 Hours*

*The figures in the right-hand margin indicate full marks.*

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

*Illustrate the answers wherever necessary.*

*Answer Question No. 1 and any four from the rest.*

1. Answer any *five* of the following : 5×2
- (a) Mention the energy sources for short duration sports events.
  - (b) Mention four national targets related to nutrition.
  - (c) State the relation between muscle fatigue and lactate.
  - (d) Mention the daily energy and protein requirements of an elderly person.

*(Turn Over)*

- (e) Mention the dietary measure to be taken for controlling blood pressure in elderly people.
- (f) Write down on the nutrient absorption during Diarrhoea.
- (g) What is Senescence ?
- (h) Write down the importance of Zinc in children.
2. (a) How is nutrition related to physical activity ?
- (b) Discuss the role of vitamins in sports performance.
- 3+7
3. (a) Why carbohydrate is called 'master fuel' ?
- (b) Discuss the importance of carbohydrate supplementation before exercise, during exercise and after exercise.
- (c) What is Sports anemia ?
- 2+6+2
4. (a) Mention the underlying reasons for developing diarrhoea in children.
- (b) Mention the key measures to control diarrhoea.
- (c) What is ORS ?
- 4+4+2

5. (a) What is meant by acute malnutrition ?
- (b) Write down importance of micronutrients for a growing child.
- (c) Mention the deficiency symptoms of Iron and Iodine in children.
- 2+4+(2+2)
6. (a) Mention the types of cell changes with aging.
- (b) Discuss the different reasons of malnutrition in elderly persons.
- (c) Mention the non-communicable diseases commonly found in aged people.
- 4+4+2
7. (a) What are important dietary recommendations are given during fever.
- (b) Why children are more susceptible to the ill effects of fever than adults? Mention the proper nourishment methods for them.
- 6+2+2
8. (a) State the important interventions targeted for young infants (0-5 yrs.).
- (b) What is 'exclusive breast-feeding'? Why it is very essential for optimal growth and development for infants ?
- 5+2+3

9. (a) Write down its importance of Choline, DHA and folic acid during pregnancy.
- (b) State the strategy for developing a social network around MCH and nutrition services.

(2+2+2)+4

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