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UG/3rd Sem/NUT(H)/T/19

2019

B.Sc.

3rd Semester Examination

NUTRITION (Honours)

Paper - C 5-T

(Family meal management and meal planning)

Full Marks : 40

Time : 2 Hours

*The figures in the margin indicate full marks.
Candidates are required to give their answers
in their own words as far as practicable.*

1. Answer any *five* questions from the following :
2×5=10
 - (a) Write the importance of growth assessment. 2
 - (b) Define colostrum. Write its composition. 1+1
 - (c) Explain Quetlet Index. Write the importance of toddlers nutrition. 1+1
 - (d) What is Pica? 2

- (e) What is physiological anemia in pregnancy period? 2
- (f) What is let down reflex? 2
- (g) What is the principle of space nutrition. 2
- (h) What do you mean by growth faltering? 2

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

5×4=20

(a) (i) Write down any two health problems noted in adolescent pregnancy.

(ii) What is Artificial feeding? Write down the circumstances in which artificial feeding is given. 2+1+2

(b) (i) Write down the guideline for dietary management of lactating mother.

(ii) Define BMI. State its importance for nutritional status assessment. 3+1+1

(c) What are the non-nutritional factors affecting pregnancy out come? What is lacto vegetarian diet? Give an example. 3+1+1

- (d) (i) Write the major digestive disturbances of infants.
- (ii) Explain the term Pre-Game Meals. 3+2
- (e) (i) Write down the common geriatric health problems.
- (ii) Write a short note on food aversion. 3+2
- (f) (i) Write down the nutritional care of preterm infants.
- (ii) Write down the importance of dietary fiber during old age. 3+2

3. Answer any *one* question : 10×1=10

- (a) (i) Write down the advantages of exclusive breast-feeding.
- (ii) Write down the dietary recommendations for pre-school children.
- (iii) How is growth of a baby assessed from height and weight? 3+3+4
- (b) (i) What is Antenatal care? Write down its schedule.

[Turn Over]

- (ii) Briefly mention the nutritional requirement during pregnancy. What are the modification of pregnant mother's diet.
- (iii) What is creatine loading? State its significance. (1+2)+(1+3)+(1+2)
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