

Answer ALL questions.

7. (a) Discuss in detail the additional requirement during lactation and plan a menu.
Or
(b) Explain the physiology of lactation.
8. (a) Explain the physiological development of Infants and write a note on food for infants.
Or
(b) Give the nutritional requirement for a pre-school children (1-6 yrs).
9. (a) Explain about ICDS and SNP in detail.
Or
(b) Explain the nutritional requirements for a old age person.
10. (a) Enumerate on drug and nutrient interactions.
Or
(b) What are the dietary modifications to be followed for a senior citizen?
11. (a) Define malabsorption and give the biochemical changes during malabsorption.
Or
(b) Enumerate on Vitamin deficiency and Anaemia.

NUTRITION AND DIETETICS

Time : Three hours

Maximum : 100 marks

SECTION A — (20 × 1 = 20 marks)

1. Answer ALL questions.

Fill in the blanks :

- (a) The protein requirement for a pregnant women is _____.
- (b) PIH is _____.
- (c) LBW is _____.
- (d) PEM is highly prevalent among _____.
- (e) ICDS was started in the year _____.

Match the following :

- | | | |
|----------------------|-------|---------------------|
| (f) Sedentary worker | (i) | 98 kcal/kg body wt |
| (g) Lactating women | (ii) | 108 kcal/kg body wt |
| (h) 0-6 m infants | (iii) | 1800 kcal |
| (i) 6-12 m infants | (iv) | 60 kg |
| (j) Reference man | (v) | +550 kcal |

True/False :

- (k) The hormone involved in lactation is oxytocin.
- (l) Packed lunch should meet 1/5th of the RDA.
- (m) Adolescence are more prone to osteoporosis.
- (n) The diet prepared for old age should be soft.
- (o) Clear fluid diet should contain 20g of protein.

Multiple choice :

- (p) The folic acid requirement for pregnant women is
 - (i) 100 mg (ii) 200 mg
 - (iii) 300 mg (iv) 400 mg
- (q) Let Down Reflex is due to
 - (i) Prolactin (ii) Oxytocin
 - (iii) Estrogen (iv) Progesterone
- (r) Sarcopenia is common among
 - (i) Infants (ii) Old age
 - (iii) Adult (iv) Pregnant women
- (s) Osteoporosis is common among
 - (i) Adult
 - (ii) Old age
 - (iii) School children
 - (iv) Adolescence
- (t) Serum ferritin level can be assessed for
 - (i) Anemia (ii) PEM
 - (iii) Ulcer (iv) Osteomalacia

SECTION B — (5 × 6 = 30 marks)

Answer ALL questions.

- 2. (a) Write a note on Toxiemia.
Or
(b) Give the RDA for pregnant women.
- 3. (a) What are the hormones involved in lactation and give its role.
Or
(b) Write a note on conception.
- 4. (a) What are the nutritional care should be taken for a cow weight babies?
Or
(b) Give the objectives of ICDS.
- 5. (a) Give the theories of Aging.
Or
(b) Write a note on Physiologic Incompatibility.
- 6. (a) Write about Hospital Diets.
Or
(b) List the laboratory assessment for PEM and Anaemia.

