

NUTRITION AND DIETETICS

Time : Three hours

Maximum : 100 marks

SECTION A — (20 × 1 = 20 marks)

Answer ALL questions.

1. Fill in the blanks.

- (a) _____ is a syndrome of nausea and vomiting that occurs during pregnancy.
- (b) Body growth is mainly supported by the nutrient _____.
- (c) The ICMR recommended fat requirement for a pre school child is _____ gram per day.
- (d) _____ is a disorder characterised by a decrease in total bone mass without change in chemical composition.
- (e) _____ provides information about dietary intake patterns of specific foods consumed and estimated nutrient intakes.

Match the following.

- | | |
|----------------------------|---------------------|
| (f) Garlic | (i) Junk food |
| (g) Fruit juice | (ii) Lactogogues |
| (h) Vitamin – A deficiency | (iii) Weaning food |
| (i) Anorexia nervosa | (iv) Xerophthalmia |
| (j) Noodles | (v) Eating disorder |

True / False.

- (k) Calcium requirement decreases during lactation period.
- (l) Fruits and vegetables are rich sources of fibre.
- (m) Low calorie diet should be recommended for preschoolers.
- (n) Incidence of dementia is common during old age.
- (o) Anticoagulant intake increases Vitamin – K requirement.

Multiple choice.

- (p) The normal length of a new born infant
 - (i) 50 – 55 cm
 - (ii) 70 – 75 cm
 - (iii) 90 – 95 cm
 - (iv) 100 – 105 cm

- (q) A spongy tissue which develops in the uterus only during pregnancy
- (i) plasma (ii) placenta
(iii) amniotic fluid (iv) umbilical cord
- (r) The major symptom of kwashiorkor
- (i) eye problem (ii) dental problem
(iii) oedema (iv) hyper activity
- (s) Age – related hormonal change that occurs among women
- (i) anemia (ii) menopause
(iii) bulimia (iv) malnutrition
- (t) The laboratory data used to detect PEM
- (i) serum protein (ii) serum calcium
(iii) serum folate (iv) RBC folate

SECTION B — (5 × 6 = 30 marks)

Answer ALL questions.

2. (a) Why iron requirement increases during pregnancy period?

Or

- (b) Write about physiology of lactation.

3. (a) Classify the supplementary foods to be given during infancy period.

Or

- (b) What are the factors affecting nutritional status of preschool children?

4. (a) Suggest preventive measures to overcome Vitamin – A deficiency among preschoolers.

Or

- (b) State the objectives of school lunch programmes.

5. (a) Write about food habits of adolescent girls.

Or

- (b) What is aging? List the causes of aging.

6. (a) Which biochemical tests are used to detect anemia?

Or

- (b) What are the methods used to evaluate diet history?

SECTION C — (5 × 10 = 50 marks)

Answer ALL questions.

7. (a) Discuss about the advantages of breast feeding.

Or

- (b) Plan a day's menu for a pregnant women doing sedentary work.

8. (a) Discuss about importance of nutrition during infancy period.

Or

- (b) List out the factors to be considered while planning a diet for a preschool child.

9. (a) Give RDA for an adolescent boy (16 – 18 years) and explain.

Or

- (b) Highlight the significance of nutritional care during elderly.

10. (a) Formulate any five packed lunch for ten years old school going children.

Or

- (b) How does drugs affect nutrient metabolism and excretion?

11. (a) Explain the role of clinical parameters in the assessment of nutritional status.

Or

- (b) Elaborate the features of various types of hospital diets.
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