

TM153425A

Reg. No:.....

Name:.....

M. Sc. DEGREE (C.S.S.) EXAMINATION, OCTOBER 2016
SEMESTER III - HOME SCIENCE (FOOD SCIENCE AND NUTRITION)
CD3C14TM – NUTRITION THROUGH LIFE CYCLE

Time: Three Hours

Maximum Marks: 75

PART A

I. Write short note on any five questions, not exceeding one page.
Each question carries 3 marks

1. RDA of energy for adults
2. Hyperemesis gravidarum
3. Transitional milk and mature milk
4. ARF
5. Growth charts
6. Poor food choices in adolescents
7. Space foods

(5x3=15)

PART B

II. Answer any six questions not exceeding two pages.
Each question carries 5 marks

8. Write a note on dietary reference intake and nutrient reference values
9. Explain the physiological changes in pregnancy
10. Explain the principles and importance of baby friendly hospital initiative
11. Give an account of the principles and importance of best weaning practices
12. Discuss the nutritional requirements of iron in boys and girls
13. Write a note on eating disorders in adolescents
14. Give an account on bioavailability of nutrients
15. Explain the general adaptive mechanisms to environmental extremes
16. Discuss the changes in body composition in aged

(6x5=30)

PART C

III. Answer any two questions not exceeding three pages.
Each question carries 15 marks

17. Outline the methods for studying nutrient requirements
18. Discuss the physiological adjustments and nutrient needs in pregnancy
19. Explain the normal pattern of growth and development in children
20. Outline the nutrient alterations at high altitudes and polar environment

(2x15=30)