

TM211420TR

Reg. No :

Name :

M. Sc. DEGREE (C.S.S.) EXAMINATION, NOVEMBER 2021
[2021 Admissions Regular and 2020 Admissions Improvement & Supplementary]
SEMESTER I - CORE COURSE (FOOD SCIENCE AND NUTRITION)
FN1C03TM20 - PRINCIPLES OF NUTRITION

Time : 3 Hours

Maximum Weight : 30

Part A

I. Answer any Eight questions. Each question carries 1 weight

(8x1=8)

1. Indicate the factors affecting volume and composition of breast milk.
2. Enlist the objectives on national guidelines on IYCF.
3. What is Binge eating disorder?
4. What is RUTF?
5. Depict the food guide pyramid?
6. What is the EAR and RDA for protein for an Indian adult ?(ICMR,2020)
7. What are the outcomes of energy deficit in Sports persons?
8. What is Sports Anemia?
9. How is BMR related to change in altitude?
10. What is bioregenerative system in a space craft?

Part B

II. Answer any Six questions. Each question carries 2 weight

(6x2=12)

11. Elaborate on the common problems during pregnancy.
12. Discuss the general dietary problems during pregnancy.
13. Describe the factors to be considered in planning diet for a pre schooler.
14. Discuss childhood obesity under a)Consequences b)Lifestyle modifications
15. Brief on Nutrition and Work efficiency.
16. What are the components of motor skill related physical fitness?
17. Write a note on pre- event meals in Sports.
18. Comment on the importance of good nutrition at high altitude.

Part C

III. Answer any Two questions. Each question carries 5 weight

(2x5=10)

19. Discuss the expected complications during pregnancy.
20. Describe in detail the nutritional rehabilitation of PEM children.
21. Plan a model menu for an elderly person. Justify your selection of foods .
22. Explain nutritional requirements in space travel. Add a note on types of space foods.