

TM211780TR

Reg. No : .....

Name : .....

**MASTER'S DEGREE (C.S.S.) EXAMINATION, NOVEMBER 2021**  
**[ 2021 Admissions Regular and 2020 Admissions Improvement & Supplementary ]**  
**SEMESTER I - CORE COURSE ( CLINICAL NUTRITION AND DIETETICS )**  
**ND1C01TM20 - NUTRITION THROUGH LIFE CYCLE**

**Time : 3 Hours**

**Maximum Weight : 30**

**Part A**

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

**(8x1=8)**

1. Explain why mother's milk is better than cow's milk for infants.
2. List the RDA for preschoolers.
3. Write on late adolescence.
4. What are symptoms of binge eating?
5. List out components of maternal weight gain.
6. List phases of menstrual cycle.
7. Brief on colostrum.
8. Write on PAL and the factors affecting energy requirement.
9. Write on neurological dysfunction in elderly.
10. Brief on minerals and its importance in elderly.

**Part B**

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

**(6x2=12)**

11. Examine on complementary feeding and types of supplementary feeds.
12. Expand LBW. List the causative factors.
13. Describe the importance of packed lunch for school children.
14. Write on various sociological changes in adolescence.
15. Brief on ovarian events of menstrual cycle.
16. List the RDA for lactating woman and justify.
17. Brief on factors affecting volume and composition of milk.
18. Detail on theories of ageing.

**Part C**

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

**(2x5=10)**

19. How can nutrition in adolescence help in preventing cancers at a later stage?
20. Discuss in detail on complications associated with pregnancy.
21. Elaborate on nutrient requirement during lactation.
22. List the RDA for moderate worker and their nutritional requirements.