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Reg. No :

Name :

BACHELOR'S DEGREE (C.B.C.S) EXAMINATION, MARCH 2024

2023 ADMISSIONS REGULAR

SEMESTER II - CORE COURSE (NUTRITION AND DIETETICS)

ND2B03B20 - Nutrition Through Life Cycle

Time : 3 Hours

Maximum Marks : 80

Part A

I. Answer any Ten questions. Each question carries 2 marks

(10x2=20)

1. Explain the role of immunoglobulins and lactoferrin in breastmilk.
2. Discuss on IMS Act.
3. Write a note on preschoolers.
4. List out physical changes in middle childhood.
5. Differentiate between anorexia nervosa and bulimia nervosa.
6. Brief on nutritional status of Indian adults in the present scenario.
7. List the RDA for sedentary worker and their nutritional requirements.
8. Write the RDA for an adult woman based on physical activity and justify the requirements.
9. Explain IUGR.
10. Discuss the reasons for regurgitation during pregnancy.
11. Discuss the role of estrogen and progesterone during pregnancy.
12. Discuss the renal and cardiovascular changes during old age.



Part B

II. Answer any Six questions. Each question carries 5 marks

(6x5=30)

13. Describe different types of feeds which can be provided to infants during weaning period.
14. Discuss on picky eating among preschoolers.
15. Recall various emotional changes occurring during toddler age.
16. Enumerate on sexual maturity in adolescence.
17. Explain the symptoms and causes of bulimia nervosa.
18. Plan a day's menu for a moderate adult woman and justify your answer.
19. Describe let down reflex.
20. Write on anatomy of mammary gland.
21. Plan a day's menu for old age based on their nutritional needs.

Part C

III. Answer any Two questions. Each question carries 15 marks

(2x15=30)

22. Describe on growth and development in preschoolers.
23. Plan a day's menu for a school-going girl of age group 10 to 12 and justify.
24. Summarise on the nutritional demands during lactation.
25. Explain the changes in elderly that affects their nutrient intake.