

TM241838T

Reg. No :

Name :

P.G. DIPLOMA (C.S.S) EXAMINATION, NOVEMBER 2024
2024 ADMISSIONS REGULAR
SEMESTER I - CORE COURSE Clinical Nutrition And Dietetics
CN1C04TPGD20 - Normal Nutrition

Time : 3 Hours

Maximum Weight : 30

Part A

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

(8x1=8)

1. Brief on balanced diet.
2. Enlist different types of breast milk.
3. Explain the risk factors of anemia.
4. Write a note on nutritional requirement of sedentary worker.
5. Discuss on PIH.
6. Explain the physiological changes during lactation.
7. Explain the common nutritional problems seen in old people.
8. What do you mean by female athletic triad?
9. Discuss on dehydration.
10. Describe the term AMS.

Part B

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

(6x2=12)

11. Explain the methods used to determine the protein quality.
12. Give a detailed comparison on the nutritional benefits of breast milk over cows milk.
13. Explain the nutritional requirement for an adolescent boy.
14. Write a note on packed lunch for a school going child.
15. Discuss on the nutritional requirements for sedentary male and heavy worker male.
16. Write on the effects of malnutrition on the nutritional status of lactating mother.
17. Discuss on the energy requirements for athletes.
18. What are the physiological changes and nutritional requirement at high altitude?

Part C

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

(2x5=10)

19. Explain the general principles involved in the computation of RDA of human nutrient requirements.
20. Explain the nutritional requirement and prepare a day's menu for a 6 months pregnant lady.
21. Discuss on the physiological changes and special care during old age.
22. Explain the physiological changes in high altitude. Detail on the nutritional requirement for high altitude workers.