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Reg. No : .....

Name : .....

**MASTER'S DEGREE (C.S.S) EXAMINATION, NOVEMBER 2024**  
**2024 ADMISSIONS REGULAR**  
**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. What is IUGR? Comment on the types.
2. What is growth monitoring?
3. Write a short note on growth charts.
4. What is Pica?
5. Depict the food guide pyramid?
6. Enlist benefits of exercise for elderly.
7. Enlist types of Sports foods.
8. Comment on CHO intake guidelines for light, moderate and heavy intensity sports.
9. Comment on requirements of a Space food system.
10. What is bioregenerative system in a space craft?

**Part B**

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

**(6x2=12)**

11. Discuss the effect of undernutrition on mother and child.
12. Explain the food requirements and general dietary guidelines during pregnancy.
13. What are the consequences of Anemia in children and adolescents?
14. What is the effect of nutritional rehabilitation of PEM children on mental development.
15. Discuss any two special health concerns of adult women?
16. Which are the major energy systems in body with regard to Sports Performance?
17. Brief on tests of cardiovascular endurance.
18. Discuss type of Space foods.

**Part C**

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

**(2x5=10)**

19. Describe the nutritional requirements and dietary modifications during pregnancy.
20. Describe in detail the nutritional rehabilitation of PEM children.
21. Discuss the nutritional requirements in old age?
22. Write an essay on nutrition in high altitudes.