

**BACHELOR'S DEGREE (C.B.C.S) EXAMINATION, MARCH 2025**  
**2020, 2021, 2022, 2023 ADMISSIONS SUPPLEMENTARY**  
**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 breastfeeding.
2. What do you mean by Infantometer?
3. Explain the motor development in preschoolers.
4. Differentiate between anorexia nervosa and bulimia nervosa.
5. Enumerate on the nutritional problems in adolescents.
6. Write about the difference in energy requirement of an adult woman and adult man based on the physical activity.
7. Brief on reference man.
8. List the RDA for sedentary worker and their nutritional requirements.
9. Describe changes in body fluids during pregnancy.
10. Discuss the reasons for regurgitation during pregnancy.
11. Discuss the importance of providing additional energy during pregnancy.
12. Define nutrition screening initiative (NSI).

**Part B**

**II. Answer any Six questions. Each question carries 5 marks****(6x5=30)**

13. Differentiate between breastfeeding and bottle feeding.
14. Discuss different feeding patterns for preschoolers.
15. Discuss the feeding skills developed during preschool age.
16. Enumerate on sexual maturity in adolescence.
17. Describe anorexia nervosa.
18. Plan a day's menu for a sedentary adult man and justify your answer.
19. Write on embryonic phase of pregnancy.
20. Explain complications of pregnancy.
21. Explain how predetermination theories are different from accumulated damage theories of ageing?

**Part C**

**III. Answer any Two questions. Each question carries 15 marks****(2x15=30)**

22. Explain the similarities and differences between food intolerances and food allergies. Explain the significance of allergy tests and allergy card.
23. Elaborate on stages of adolescence and their eating behaviours.
24. Summarise on the nutritional requirement of lactation for the months 0-6 and plan a day's menu.
25. Describe the factors that affect the food intake of old age. Explain the various physiological changes that occur during old age.