TB222700W **Reg. No :.....**

Name :.....

B. Sc. DEGREE (C.B.C.S.) EXAMINATION, MARCH 2023

2022 Admissions Regular & 2021 Admissions Supplementary / Improvement And 2020 Admission 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 the significance of ARF for feeding infants.
2. Define weaning.
3. What do you mean by IgE-mediated food allergy?
4. Write on the importance of snacking.
5. Explain the calcium and iron requirement of school-going and adolescence.
6. Write about nutrition transition.
7. What are the food items that can be liberally included in the diet of a sedentary worker?
8. List the RDA for moderate worker and their nutritional requirements.
9. Explain preeclampsia.
10. Discuss the role of estrogen and progesterone during pregnancy.
11. Discuss the reasons for regurgitation during pregnancy.
12. Write a note on geriatric.

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 different feeding patterns for preschoolers.
15. Explain the vicious cycle of malnutrition and infection.
16. Explain the symptoms and causes of bulimia nervosa.
17. Describe anorexia nervosa.
18. Plan a day's menu for a moderate adult woman and justify your answer.
19. Explain complications of pregnancy.
20. Write on anatomy of mammary gland.
21. Explain the factors to be considered before planning a menu for old age.

Part C

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

22. Summarize the various physical and physiological growth changes in both preschoolers and toddlers.
23. Explain on eating disorders in adolescence.
24. Summarise on the nutritional requirement of lactation for the months 0-6 and plan a day's menu.
25. Discuss the various modifications of diet to be included in geriatric. Explain the importance of major macronutrients and micronutrients in old age.