

**D.K.M. COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE – 1****SEMESTER EXAMINATIONS****APRIL – 2019****15CNF4A****NUTRITION THROUGH LIFE CYCLE****Time: 3 Hrs****Max. Marks: 75****SECTION – A (10 X 2 =20)****Answer ALL the questions.**

1. Discuss on the energy requirements for infants
2. Define weaning foods
3. Define lactose intolerance.
4. Write a brief note on the causes of PEM
5. What is anorexia nervosa?
6. Define anaemia and discuss the causes of anaemia.
7. Write a note on the significance of folic acid during pregnancy
8. What is Expressed milk?
9. Discuss on the Nutritional problems during old age
10. Define osteoporosis

**SECTION – B (5 X 5 =25)****Answer any FIVE of the following questions.**

11. What are the nutritional needs for premature infants?
12. What are infant formulas?
13. Write short note on colostrum and bring out the difference between fore milk and hind milk?
14. Write a brief note on the Nutrition related problems of preschoolers
15. Write a note on packed lunch
16. Write on eating disorders in adolescence stage
17. Discuss on why anaemia is common during pregnancy and their preventive measures
18. Bring out the importance of calcium and fibre during old age

**SECTION – C (3 X 10 =30)****Answer ALL the questions.**

19. a) Explain the causes of obesity in school going children and the points to be considered in planning menu for school children  
(Or)  
b) Explain in detail the types of supplementary foods and highlight the significance of low cost supplementary foods
20. a) Explain the objectives of mid day meal programme and their role in alleviating malnutrition  
(Or)  
b) Describe the physiological problems during adolescence period
21. a) Discuss on the complications and nutritional problems during pregnancy  
(Or)  
b) Describe the psycho social and economical factors influencing their eating behaviours in ageing

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