

D.K.M.COLLEGE FOR WOMEN (AUTONOMOUS),VELLORE

DEPARTMENT OF FOODS AND NUTRITION

QUESTION BANK FOR EVEN SEMESTER

NUTRITION THROUGH LIFE CYCLE

SUB CODE: 15CNF4A

UNIT-I

SECTION-A

2 MARKS

1. Define RDA.
2. What is menu planning?
3. What are the criteria's to be followed in a menu plan?
4. Define balanced diet.
5. Define health.
6. What is food exchange list?
7. Give any two points of principles in planning a menu.
8. Define my plate.
9. Define my pyramid.
10. Give any three guidelines of maintaining health?
11. How to serve or present in a prepared food?
12. How much calories to require per day?
13. Define sedentary worker.
14. Define moderate worker.
15. Define heavy worker.
16. Define reference man and woman.

SECTION-B

5 MARKS

1. Define and explain balanced diet.
2. Give the four food group system suggested by ICMR and explain the importance of it.
3. Describe the factors determining RDA.
4. Explain the principles of planning a meal.
5. Discuss in detail the steps involved in planning a menu.
6. Give the importance of planning a menu.

7. What are food exchange list? How are they used in planning diets?
8. Write the factors to be considered in planning a menu.
9. What is my pyramid? Explain my plate. How are they useful in planning diets?
10. Define and Explain the RDA for Indians.
11. Explain the components of energy expenditure.
12. Explain the computation of allowance based on energy expenditure.
13. Elaborate the dietary guidelines of maintaining health.
14. Give the dietary guidelines of a balanced diet.
15. Describe any five methods to reduce the cost of a meal.

UNIT-II

SECTION-A

2 MARKS

1. Define weaning food.
2. Give any two points of importance of breast feeding?
3. How much calorie to provide the infant per day?
4. How much protein to need infant per day?
5. Define breast feeding.
6. Define colostrum
7. Define transition milk.
8. Define foremilk.
9. Define hindmilk.
10. Give any two points of immunological benefits of breast milk.
11. Give the hormones and growth factor benefits of the breast milk.
12. Give any two advantages of breast milk.
13. Give the advantages of breast feeding
14. Give the psychological benefits of breast milk.
15. Give the economical of benefits of breast milk.
16. Define Immunoglobulins.
17. Give the environmental benefits of the breast milk.
18. Define WHO.
19. Give any two advantages of Bottle feeding.
20. Define artificial feeding.
21. What are the techniques of feeding?
22. Define LBW.

23. Define preterm baby.
24. Write any three types feeding problems.
25. Give any two points to be considered in introducing weaning foods.
26. Define supplementary food.
27. Define low cost supplementary food.
28. Define “choking”.
29. Define food allergy.
30. Define “Pica”.
31. What is picky eating?
32. Define dental problem in preschool children.
33. Define feeding disorders with preschool children.
34. Write any two factors for rejecting food by pre school child.
35. Write any two nutritional related problems of pre schoolers.
36. Define malnutrition.
37. Define PEM.
38. Define kwashiorkor
39. Define marasmus.
40. Define nutritional dwarfing.
41. Define “septicaemia”.
42. Define “hypothermia”.
43. Define Rehabilitation.
44. Write any two vitamin A deficiency disorder.
45. Write any two aetiology of vit A deficiency disorder.
46. Give any two signs of vit A deficiency disorder.
47. Define Keratomalacia.
48. Define corneal xerosis.
49. Write any two types of feeding problem in school going children.
50. What is packed lunch?
51. Give any two objectives of feeding programmes?
52. Define mid-day meal programme.
53. Write any three types of food habits in school going children.
54. Define health card.
55. Give any two suggestions of packed lunch.

56. Define family meals.
57. Give the nutritional requirement of school going children?
58. Define packed lunch.
59. What are the criteria's to be followed in packed lunch.
60. Give the importance of packed lunch.

SECTION-B 5 MARKS

1. Give the RDA of an infant aged 8 months.
2. Explain the nutritional importance during infancy.
3. Write a note on colostrums. Bring out the difference between fore milk and hindmilk.
4. Compare the nutritive value of human milk with cow's milk.
5. 'Breast milk is the best milk'-explain.
6. Explain 'Lactobacillus Bifidus factor'.
7. Describe the disadvantages of artificial feeding.
8. Give the nutritional importance for preterm baby and explain problems involved in feeding them.
9. State the need for introducing weaning foods to an infant's diet. Give the method of preparing any one low cost weaning food.
10. Define weaning and give the schedule for it.
11. List the problems of weaning and explain any one in detail.
12. Explain the growth and development during infancy.
13. Explain the nutritional requirements for the infancy.
14. Give the notes on food requirements of the infancy.
15. Explain the importance of breast feeding.
16. Explain the breast feeding in detail.
17. Give the notes on colostrum.
18. Give the advantages of breast feeding.
19. Write down the nutritional benefits of breast milk.
20. Give the notes on hormones and growth factor benefits.
21. Give the notes on immunological benefits of breast milk.
22. Define immunoglobulins. Explain it.
23. Explain the lactobacillus bifidus factor.

24. Give the advantages to the mother providing breast milk.
25. Explain the WHO recommendations of successful breast feeding.
26. Give the notes on low milk production.
27. Explain artificial feeding briefly.
28. List out the advantages of bottle feeding.
29. Give the notes on modification of the formula.
30. What are the techniques behind the feeding –explain.
31. Define LBW. Explain it.
32. Elaborate the preterm baby.
33. Give the nutritional requirement of preterm baby.
34. Give the short notes on feeding problems.
35. Define weaning. Explain elaborately.
36. List out the types of supplementary foods.
37. Explain the points to be considered in introducing weaning foods.
38. Explain the low cost supplementary food.
39. Give the short notes on problems of weaning.
40. Give the suggestions to improve the infant's nutritional status.
41. List out the suggested recipes during infancy.
42. Weaning foods suitable for infants – explain.
43. Explain the lactose intolerance.
44. Give the notes on nutritional requirements for the preschool children.
45. Explain the food requirements for preschool children.
46. Give the dietary guidelines for the preschool children.
47. Define pica. Explain picky eating.
48. Give the short notes on factors responsible for rejecting food by pre-school child.
49. Elaborate the nutritional related problems of pre-schoolers.
50. Define PEM. Explain elaborately.
51. List out the symptoms of different types of PEM.
52. Give the nutritional requirement for the PEM.
53. Explain the hospital treatment for PEM.
54. Explain the dietary management of PEM.
55. Define rehabilitation. Explain.
56. Explain in detail about the vitamin A deficiency.

57. Give the notes on aetiology of vitamin A deficiency.
58. Explain the clinical signs on vitamin A deficiency.
59. Give the notes on nutritional supplements for vitamin A deficiency.
60. Explain the feeding programmes.
61. Explain the objectives of feeding programmes.
62. Give the RDA for a 5 year old child.
63. Explain the nutritional importance during pre-school.
64. Discuss the factors affecting the nutritional status of children.
65. Write a short note on 'growth chart'.
66. Describe the factors to be considered in planning a diet for pre-schooler.
67. Poverty may not be the only reason for malnutrition during pre-school age. What are the other reasons?
68. How can you prevent dental problems in children?
69. Write in detail about nutrition related problems in children?
70. Describe the nutritional requirement of PEM child and explain the sequence of dietary treatment.
71. Plan a day's diet for a 4 year old child from a low income group.
72. How can one modify the food habits of children?
73. Explain the role of ICDS in alleviating malnutrition.
74. Give the ration allotted and nutritive value of food given to pre-school under ICDS.
75. Describe in detail the three stages of treatment of PEM.
76. Explain the nutritional requirements of school going children.
77. Explain the food requirements of school going children.
78. Elaborate the feeding problems of school going children.
79. Give the dietary guidelines of school going children.
80. Explain the points to be considered in planning a packed lunch.
81. Write in detail about the school lunch programmes.
82. Explain the objectives of school lunch programmes.
83. Explain in detail mid-day meal programme for school children.
84. Explain the causes of obesity in school going children.
85. Plan a packed lunch for a 12 year old boy.

UNIT-III**SECTION-A****2 MARKS**

1. List out the names in eating disorders.
2. Define Anorexia Nervosa.
3. Define Bulimia Nervosa.
4. Define Binge eating.
5. List any two signs of Anorexia Nervosa.
6. List any two signs of Bulimia Nervosa.
7. List any two signs of Binge eating.
8. Define Anaemia.
9. Define undernutrition.
10. Define premenstrual syndrome.
11. List out any three dietary problems of an adult.
12. What is Oedema?

SECTION-B**5 MARKS**

1. Give the RDA of a 16 year old boy.
2. Discuss the common nutrient deficiencies in adolescents.
3. Plan a day's diet of an adolescent girl suffering from nutritional anaemia.
4. Give the nutritional importance in "adolescence".
5. Discuss the eating disorders of adolescent girls.
6. Explain anorexia nervosa and bulimia.
7. Explain the premenstrual syndrome.
8. Explain the nutritional programmes for adolescents.
9. Discuss the nutritional problems for adolescents.
10. Give the dietary guidelines for adolescents.
11. Explain the nutritional requirements for adolescents.
12. Explain the food requirements for adolescents.
13. Give the nutritional requirements for adults.
14. Explain the nutrition and work efficiency for adults.
15. List out the common nutritional problems during adult.
16. Explain Osteoporosis.
17. Explain post menopausal syndrome.

UNIT-IV**SECTION-A****2 MARKS**

1. Define hypertension.
2. Define Oedema.
3. Define Anaemia.
4. List out any three nutritional risk of pregnancy.
5. Define lactation failure.
6. What is expressed milk?

SECTION-B**5 MARKS**

1. Explain the physiological changes during pregnancy.
2. Explain the preconceptual nutrition.
3. Elaborate the nutritional requirements during pregnancy.
4. Discuss the relationship between maternal and foetal nutrition.
5. Explain the food requirements during pregnancy.
6. Give the dietary guidelines of pregnancy.
7. Discuss the general dietary problems of pregnancy.
8. Explain the complications of pregnancy.
9. Give the short notes on gestational diabetes mellitus.
10. Explain the pregnancy induced hypertension.
11. Give the ICMR allowance for protein, energy and calcium for a pregnant woman.
12. Give the complete RDA for a pregnant woman who is in last trimester of pregnancy.
13. Explain the reasons for increased nutrient requirement during pregnancy.
14. What modifications in diet would you suggest for a pregnant woman?
15. Why anaemia is common during pregnancy? What measures should be taken to prevent it?
16. Explain the impact of malnutrition during pregnancy.
17. Explain the role of government in prevention of anaemia during pregnancy.
18. Explain the reasons for increased nutrient requirement in lactation.
19. Write a note on lactogogues.
20. Explain the role of hormones in milk production.
21. In spite of breast feeding, the infant does not thrive. Explain.

22. Explain the factors affecting the quantity and quality of milk.
23. Find out the dietary pattern of lactating mothers in your locality and reason out scientifically.

UNIT-V

SECTION-A 2 MARKS

1. Define Ageing.
2. List out any three dietary guidelines of old age.
3. List out any three nutritional related problems of old age.
4. Define Osteoporosis.
5. Define Neurological Dysfunction

SECTION-B

5 MARKS

1. Give RDA for 64 year old man.
2. What alteration would you suggest in the diet plan for an old man?
3. Discuss the modifications of calorie requirement during old age.
4. Describe the nutritional problems during old age.
5. What are the reasons for malnutrition during old age?
6. Suggest five recipes for an old man, giving reasons.
7. Plan a day's diet for a 57 year old clerk who is suffering from atherosclerosis.
8. Bring out the importance of calcium and fibre during old age.
9. Explain the differences in body composition of an adult and old man.
10. Why is osteoporosis common during old age? What are the risk factors? Explain the preventive methods.
11. How can degenerative diseases be prevented during old age?
12. Explain the nutritional requirement for old age.