

NUTRITION THROUGH LIFE CYCLE

Time : 3 Hours**Max. Marks : 75****SECTION – A (10 x 2 = 20)****Answer ALL the questions.**

1. How the retinol is calculated if the diet contains both vitamin - A and β - carotene?
2. Give the revised RDA for 10 year boy for the following nutrients.
 - i) Protein
 - ii) Calcium
 - iii) Net energy
 - iv) Iron.
3. Define weaning and give examples.
4. List out the factors to be considered during menu plan for a 4 year child.
5. Give the role of social pressure on adolescent health.
6. Define reference man and reference woman.
7. Write short note on relationship between maternal and foetal nutrition.
8. What do you mean by Letdown Reflex?
9. Give the principle of diet for 70 year undernourished women having Osteoporosis.
10. What is ageing?

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

11. Define menu planning. Why it is important for food preparation?
12. Describe the role of Nutrients among school going children.
13. Write brief note on significance of Breast Feeding.
14. Explain the eating disorders of Adolescent Girls.
15. Give the RDA of an Adult man and explain.
16. Discuss the complications during Pregnancy.
17. Explain the role of hormones in Lactation.
18. Bring out the importance of fibre, iron, calcium, protein in the diet of old age person.

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

19. (a) Explain the components of Total Energy Expenditure.
(Or)
(b) Plan a whole day menu for a 10 year child belonging to low income group and justify.
20. (a) Discuss the nutritional problems of Adolescent Girls.
(Or)
(b) Elaborate on the nutrient requirement for Pregnant Women.
21. (a) Explain the factors affecting food habits of old age person.
(Or)
(b) Write a detailed note on various school lunch programs organized by the government.