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**D.K.M.COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE-1**  
**SEMESTER EXAMINATIONS**  
**NOVEMBER - 2016**  
**NUTRITION THROUGH LIFE CYCLE**

CNF5B

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

1. Give the reference body weights of Indian Women and Man.
2. Define the term "Lactose intolerance".
3. What is "Weaning"?
4. Define Post Menopausal Syndrome.
5. What is binge eating disorder?
6. Explain the term "life Span".
7. Define Osteoporosis.
8. What is food exchange list?
9. List out the nutritional allowances for elderly people.
10. Give the use of RDA?

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

11. Explain growth rate and growth chart for premature infants based on actual growth data.
12. Explain the physiological change that cause discomfort in pregnancy.
13. Breast Milk provides much more than nutrients to the new born – Justify.
14. Enumerate the factors to be considered in fulfilling the nutritional needs of "Adolescents".
15. What are the factors to be considered in planning a menu?
16. What are supplementary foods and explain its role in feeding preschool children?
17. What are the common problems faced by adult women with special reference to nutrient deficiencies?
18. Give the dietary guidelines for old people.

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

19. (a) Discuss in detail the nutritional requirements of lactating woman.  
(Or)  
(b) Elucidate the latest scenario in the field of nutrition in pregnancy and lactation.
20. (a) Give the guidelines on the nutritional needs and requirement of adults.  
(Or)  
(b) Explain the components of energy expenditure in detail.
21. (a) Discuss the psychosocial and economic factors affecting eating behaviors in aging.  
(Or)  
(b) Highlight the role of nutrition in school going age and explain the nutritional and dietary requirements accordingly.