

**B.Sc. DEGREE EXAMINATION, APRIL 2020**  
**II Year III Semester**  
**Family Meal Management**

**Time : 3 Hours**

**Max.marks :75**

**Section A** (10 × 2 = 20) Marks

Answer any **TEN** questions

1. Draw a food guide pyramid?
2. List the significance of a balanced diet?
3. What are galactagogues? Name a few.
4. What is hemodilution?
5. List the nutritional benefits of colostrum?
6. What is weanling diarrhoea?
7. Define lactational amenorrhoea?
8. What is family pot feeding?
9. List any four choices of packed lunch for a school going child?
10. How to combat anemia in an adult women?
11. What are junk foods?
12. Explain the role of budgeting in meal planning.

**Section B** (5 × 5 = 25) Marks

Answer any **FIVE** questions

13. Describe the basic principles of meal planning.
14. Explain the nutritional requirements of a pregnant woman?
15. Explain the advantages of breastfeeding over bottle feeding.
16. Explain the complementary food schedule.
17. What are the nutritional problems faced by an adolescent?
18. Explain the physiological changes that occur during aging.
19. Comment on communicable and non- communicable diseases.

**Section C** ( $3 \times 10 = 30$ ) Marks

Answer any **THREE** questions

20. Explain the steps involved in meal planning. Plan a day's menu with low cost foods.
21. Give a detailed description on the complications of pregnancy. Explain any two.
22. Explain the physiology of lactation and nutritional requirements.
23. Discuss on the nutritional needs of a toddler. How to overcome a fuzzy eater?
24. Explain the factors affecting the food intake of an elderly individual?

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