

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)

Chromepet, Chennai - 600 044.

B.Sc.CND - END SEMESTER EXAMINATIONS - APRIL 2025

SEMESTER - III

20UNDCT3004 - Nutrition through life cycle

Total Duration : 2 Hrs.30 Mins.

Total Marks : 60

Section B

Answer any **SIX** questions ($6 \times 5 = 30$ Marks)

1. State the term Estimated Average Requirements.
2. Recall Gestational Diabetes Mellitus, Plan a snacks menu for a pregnant woman with this complication.
3. Relate the importance of immunological factors in breast milk and suggest 2 low cost lactogogues food items.
4. Give examples of Low Coast Supplementary Foods with one recipe preparation.
5. State the difference between Kwashiorkor and Marasmus.
6. Apply the principles of menu planning to solve the Nutritional Anemia among young females.
7. Illustrate the RDA for an adult man and women (Heavy workers) belonging to low economic group.
8. Examine the physiological changes in old age.

Section C

Answer any **THREE** questions ($3 \times 10 = 30$ Marks)

9. Illustrate the summary of RDA of nutrients for a low economic pregnant woman with a body weight of 65Kg and prepare a day's menu for the same by incorporating the basic five food groups.
10. Relate the role of hormones in Lactogenesis phase in a Lactating mother.
11. Recommend two Weaning foods and elaborate the preparation methods.
12. India is facing the Double burden of malnutrition among school children's. Justify. Apply the nutritional requirements formulated by ICMR to overcome this.
13. Examine the various complications and nutritional deficiencies in old age.
