

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.NFSMD - END SEMESTER EXAMINATIONS - APRIL 2025

SEMESTER - III

21UFMCT3004 - 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. Sketch the food guide pyramid and write the concept of balanced diet.
2. Explain the physiological changes occur during pregnancy.
3. Suggest nutritional guidelines to solve the problems in feeding patterns and food acceptance of pre school children.
4. Classify different categories of eating disorders.
5. List and discuss the factors considering menu plan for geriatrics.
6. Discuss the complications of pregnancy.
7. List the advantages of breast milk for baby and mother.
8. Explain the growth and development of adolescence.

Section C

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

9. Illustrate the Principles of meal planning and explain the steps involved in planning a diet.
10. Relate the role of lactogogues in milk production and prepare a menu for a lactating mother (6-12 months) as per dietary guidelines.
11. Differentiate kwashiorkor and Marasmus (any five). Recommend any five low cost supplementary foods.
12. Analyze the factors affecting food needs and mention the importance of healthy snacks to meet nutritional needs of school children.
13. Determine the factors affecting nutrient requirements and food intake of adult.
