

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 - NOVEMBER 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. Illustrate on Estimated Average Requirements.
2. Prepare a day menu by considering the Nutrition requirements during lactation (0-6 months).
3. Relate the importance of preparing low-cost supplementary foods to the health of EWs children's and explain the preparation of any two.
4. Classify the types of PEM and list their specific nutritional requirements.
5. Show how the basic principles of meal planning can be applied to meet the nutritional needs of adolescents.
6. Predict the possible health consequences of not meeting the RDA for essential nutrients in adults.
7. Relate the objectives of the Mid-Day Meal Programme to the nutritional needs of growing EWS children.
8. Examine the various Physiological changes in ageing.

Section C

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

9. Apply the ICMR 2024 guidelines to explain the concepts of Recommended Dietary Allowances (RDA), Adequate Intake (AI), and Tolerable Upper Intake Level (UL) with suitable examples.
10. Predict the possible complications that may arise from poor nutrition during pregnancy.
11. Predict the health consequences of prolonged Vitamin A deficiency in children and adults and advice the RDA for the same.
12. Solve the problem of iron-deficiency anemia in adolescent girls by recommending appropriate foods and meal plans.
13. Evaluate the role of diet and lifestyle modifications in preventing chronic diseases in old age.