

Roll.No.

21UFMCT3004

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 - NOVEMBER 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. Interpret the functions and uses of of Food Exchange List.
2. Describe the dietary guidelines for Pregnant women with sedentary activity.
3. Discuss the need for the low cost supplementary foods with examples.
4. Explain the process of Breast feeding with its Advantages relating to the theme of WABA 2025.
5. List the importance of healthy snacks for lunch box to school children.
6. Mention the food sources rich in Lactogogues.
7. Illustrate the Food Guide Pyramid and Explain its relevance
8. Determine the nutrition disorders in the aged population.

### Section C

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

9. Explain the steps involved in planning a diet for an adolescent girl.
10. Relate the hormones and the process of milk secretion in lactating mothers.
11. Examine the Growth and Nutritional needs of preschool child with Anaemia.
12. Apply the requirements for good eating practices to prevent nutritional anaemia.
13. Evaluate the steps in planning balanced diets for adult men with heavy activity and Justify the diet.

\*\*\*\*\*