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FNE 513

Third Semester M.Sc. Degree (CBCS) Examination, December 2018
FOOD SCIENCE AND NUTRITION
Nutrition for Health (Open Elective)

Time : 3 Hours

Max. Marks : 70

1. Write short notes on **any five** of the following (**not** exceeding **2** pages **each**) :
(5×3=15)
 - a) Carbohydrates.
 - b) Fat soluble Vitamins.
 - c) Proteins.
 - d) Water soluble Vitamins.
 - e) Fats.
 - f) Calcium as micro nutrients.
 - g) Chromium as micro nutrients.
 - h) Sodium as micro nutrients.

2. Write explanatory notes on **any five** of the following (**not** exceeding **3** pages **each**) :
(5×5=25)
 - a) Nutrition and dietary guidelines for school going children.
 - b) Dietary guidelines for women.
 - c) Nutrition for athletes.
 - d) Pediatric formula preparation.
 - e) Deficiency of proteins.
 - f) Dietary guidelines for lactating women.
 - g) Sources for micro nutrients.
 - h) Nutritional guidelines during pregnancy women.

P.T.O.



3. Answer **any three** of the following (**not** exceeding **5** pages **each**) : **(3×10=30)**

- a) Discuss the nutrition and dietary guidelines during infancy and preschool children.
 - b) Explain the childhood obesity and eating disorders.
 - c) Discuss nutrition and dietary guidelines in adolescence.
 - d) Explain monitoring of growth curve.
 - e) Explain the functions of macro and micro nutrients.
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