



Reg. No.

--	--	--	--	--	--	--	--	--	--

FNDFNC 281

**Choice Based Credit System IV Semester B.Sc. (FND) Degree
Examination, September 2022
(2020-21 Batch Onwards)
LIFE SPAN NUTRITION – II**

Time : 3 Hours

Max. Marks : 80

PART – A

I. Answer **any ten** of the following :

(10×2=20)

- 1) a) What are antioxidants ? Give example.
- b) What is Spina bifida ?
- c) What do you mean by geriatric nutrition ?
- d) Give the important sources of vitamin B12.
- e) Give the energy requirement of an adult man of various physical activity.
- f) Write the role of prolactin during lactation.
- g) Give the causes for constipation in old age.
- h) Give the causes for heartburn in Pregnant woman.
- i) What are Galactogogues ?
- j) What is Osteoporosis ?
- k) Name the vital hormones during Pregnancy.
- l) Give any four dietary guidelines for male sedentary worker.

PART – B

II. Answer the following questions :

(4×15=60)

- 2) a) Give the RDA for a female executive. **3**
- b) Classification of activities based on occupation with example. Explain. **5**
- c) Explain the nutritional requirement of an adult woman. **7**

OR

- 3) a) Give the dietary guidelines to reduce the cost of a meal. **4**
- b) Explain the characteristics of different stages of adulthood. **4**
- c) Plan a day's meal for a house wife. **7**

P.T.O.



- 4) a) Pregnant women are more prone to urinary tract infections. Give reason. **3**
b) Explain the impact of maternal nutrition on foetal growth. **5**
c) Explain in detail the complications during various stages of Pregnancy. **7**

OR

- 5) a) Write a note on weight gain during Pregnancy. **4**
b) Discuss the common dietary problems during Pregnancy. **4**
c) Explain the micronutrient requirement of a expectant mother. **7**
- 6) a) Explain the physiology of lactation. **3**
b) Explain the macronutrient requirement of nursing mother. **5**
c) Plan a day's diet for a nursing mother who is back to her profession. **7**

OR

- 7) a) Write a note on lactation failure. **4**
b) Write a note on milk production and factors affecting it. **4**
c) Explain the role of hormones during lactation. Give the dietary guidelines for nursing mother. **7**
- 8) a) What alteration would you suggest in the meal plan for an old man and why ? **3**
b) Explain the physiological changes during old age. **5**
c) Enumerate on the nutritional problems of senior citizen and their management. **7**

OR

- 9) a) Bring out the importance of calcium and fibre in old age. **4**
b) What are the reasons for malnutrition during old age ? **4**
c) Explain the nutritional requirement of elderly person. **7**
-