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FNS 453



II Semester M.Sc. (CBCS) Degree Examination, September/October 2022
FOOD SCIENCE AND NUTRITION
Life Span Nutrition

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) Meal Planning.
 - b) Food groups.
 - c) Let Down Reflux.
 - d) Growth Spurt.
 - e) Food Frequency Questionnaire.
 - f) Food Exchange List.
 - g) Complimentary Feeding.
 - h) Weight Gain in Pregnancy.

2. Write short notes on **any five** of the following (**not** exceeding **3** pages **each**).
(5×5=25)
 - a) Factors contributing to Longevity.
 - b) The consequences of adolescent pregnancy ?
 - c) Write on the Physiological changes in elderly.
 - d) Significance of iron, folic acid and iodine during pregnancy.
 - e) The points to be considered while planning a diet for a lactating mother.
 - f) Breast feeding v/s bottle feeding.
 - g) Factors influencing dietary pattern of adolescents.
 - h) Consequences of malnutrition on physical, mental and cognitive development of children.

P.T.O.



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

- a) Discuss in detail nutritional problems in old age and their dietary management.
 - b) Elaborate on different dietary assessment methods.
 - c) Discuss lactation under :
 - i) Physiology
 - ii) Nutritional requirement.
 - d) Discuss pregnancy under :
 - i) Physiological changes.
 - ii) Complications and management.
 - e) Discuss the following aspects in adolescents.
 - i) Growth and development.
 - ii) Nutritional problems and RDA.
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