

Undergraduate 3rd Semester (Honours) Examination, 2020-21

Subject: NUTRITION

Course ID: 32313

Course Code: SH/NUT/303/C-7

Course Title: Human Nutrition

Full Marks: 25

Time: 1hr. 15mins.

The figures in the margin indicate full marks.

Candidates are required to give their answers in their own words

as far as practicable.

Answer all the questions

UNIT I

1. Answer any five of the following questions: (1x5) = 5

- a) What is expressed milk?
- b) Give the RDA of energy and protein of an infant aged 8 months.
- c) What do you mean by pica?
- d) Define TEE.
- e) Write two objectives of mid-day meal programme.
- f) What do you mean by RDA?
- g) Write the requirement of vitamin C for adults.
- h) What do you mean by gestational diabetes?

UNIT II

2. Answer any two of the following questions: (5X2) =10

- a) "Breast milk is the best milk" – explain it. 5
- b) Why energy requirement increases during pregnancy? Write the outcome of folic acid deficiency during pregnancy. 3+2=5

- c) Write down the principles and methods of direct calorimetry. 2+3 = 5
- d) Write the free radical theory of ageing. Write the dietary modifications for old age. 2+3=5
- e) Mention some important factors which effects growth and development. 5
- f) Discuss the types of eating disorders noted during adolescence period. 5

UNIT III

3. Answer any one of the following questions: (10X1) = 10

- a) Describe the complications during pregnancy. What do you mean by lactogogues. Give two examples. 7+2+1 =10
- b) What is the age limit of infancy? What are the advantages and disadvantages of formula feeding? Give the definition of weaning. Mention the changes in body composition that occur during infancy? 1+5+2+2=10

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