

**Avinashilingam Institute for Home Science and Higher Education for Women,
Coimbatore - 641 043**

**Master's Degree Examination – November 2018
Semester - I**

**Class: I M Sc
Major: Food Science and Nutrition**

**Time: 3 Hrs
Max Marks: 60**

17MFNC01 – Nutrition Through Life Span

PART A

10X1/2=5

Choose the correct answer

1. The % of reference weight for age is used in _____ classification of malnutrition
a. Gomez b. Waterlow c. Wardlaw d. WHO
2. _____ is an indirect method of assessing nutritional status
a. Mortality Rate b. Anthropometry
c. Biochemical estimation d. Clinical Examination
3. The optimum weight gain during pregnancy is _____
a. 9 kgs b. 10kgs c. 11 kgs d. 12kgs
4. The hormone responsible for letdown reflex in breast feeding is _____
a. TSH b. Prolactin c. Insulin d. Oxytocin
5. A new born baby should triple his/her birth weight by _____
a. 6 months b. 8 months c. 10 months d. 12 months
6. Anorexia Nervosa is more common among _____
a. adolescents b. lactating mother c. old age d. infants
7. The energy requirement of an adult female doing heavy work is _____
a. 2230 Kcal b. 2320 Kcal c. 2730 Kcal d. 2850 Kcal
8. _____ increases the risk of Alzheimer's disease
a. High Calorie Diet b. Folic acid deficiency
c. High homocysteine level d. All the above
9. An athlete should _____ during an event
a. drink only fluids b. eat low carbohydrate foods
c. low fat foods d. high fibre foods
10. The technology behind formulation of space food is to _____
a. minimize volume b. minimize mass
c. minimize preparation d. all the above

Part - B

5X4=20

Answer the following

Answer should not exceed 200 words or one page

- 11.a. Revise biochemical measures used in assessing the nutritional status of the preschool children.
(OR)
- 11.b. Record a short note on vital statistics used to assess nutritional status of new born infants.
- 12.a. Discuss the dietary problems occurring during pregnancy.
(OR)
- 12.b. Record the physiology of lactation.
- 13.a. Discuss the nutritional requirements of preschool child aged 5 years.
(OR)
- 13.b. Sketch the importance of packed lunch and give suitable examples
- 14.a. Under line the ICMR RDA (2010) for an adult constructive male worker.
(OR)
- 14.b. How do you record the nutritional status of a old age?
- 15.a. Discuss the aerobic energy system is used in sports activity.
(OR)
- 15.b. Record the food groups suggested for daily serving chart of an adult in space.

PART C

5X7=35

Answer the following

Answer should not exceed 600 words or three pages

- 16.a. Discuss in detail the various anthropometric measures used for assessing nutritional status of the community.
(OR)
- 16.b. Enumerate the list of dietary methods used to assess nutritional status of the adult women.
- 17.a. Discuss nutritional requirements and complications in pregnancy.
(OR)
- 17.b. Underline a note on the nutritional requirement during lactation.
- 18.a. Sketch the nutrition related health problems among preschoolers and highlight their nutritional management.
(OR)
- 18.b. Describe psychological problems during adolescence.
- 19.a. Analyse the relation between nutrition and work efficiency in adulthood.
(OR)
- 19.b. Discuss the various nutritional and health problems during old age.
- 20.a. Plan a day's menu using the guidelines for athletes with justification,
(OR)
- 20.b. Apply different types of foods used for space and give suitable examples
