



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – July 2020
IV Semester

Class : II UG
Major : Food Science and Nutrition

Time : 3 Hours
Max. Marks: 100

18BFNC10 Family Meal Management

Part A
Choose the Correct Answer

10 x 1=10

- _____ is defined as the minimum amount of the absorbed nutrient that is necessary for maintaining the normal physiological function of the body.
a. Food
b. Nutrition
c. Nutrient requirement
d. Disease
- Reference women aged 20-39 years with normal weight and height should be _____ kg and _____ cm respectively.
a. 50 kg and 151 cm
b. 55 kg and 155 cm
c. 40 kg and 149 cm
d. 60 kg and 160 cm
- A healthy woman gains weight on an average about _____ kg during pregnancy.
a. 10.5
b. 11.5
c. 12.5
d. 13.5
- During lactation, suckling stimulates the secretion of
a. prolactin
b. oxytocin
c. insulin
d. oestrogen
- The milk that comes at the start of a feed is called
a. colostrum
b. transition milk
c. hind milk
d. fore milk
- Solid food added to an infant's diet is called
a. colic
b. beikost
c. pica
d. gagging
- The requirement of iron for 10-12 year old girls is _____ mg/day.
a. 16
b. 21
c. 25
d. 27
- Skipping meals at home and consuming foods that are junk contribute to _____ in adolescents.
a. overweight
b. underweight
c. anaemia
d. anorexia
- The Dietary recommended intake of calcium for women with 55 years age is
a. 1000
b. 500
c. 800
d. 400
- High calorie diet and folic deficiency increases the risk of _____ in the elderly people.
a. Alzhiemer's disease
b. diabetes mellitus
c. hypertension
d. CVD

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

11. a. Discuss the purposes of RDA.
(or)
11. b. Write a note on reference man and woman.
12. a. Outline the complications during pregnancy.
(or)
12. b. Mention the factors affecting the volume and composition of breast milk.
13. a. Explain growth and development during infancy.
(or)
13. b. Write a note on artificial feeding.
14. a. Describe the factors to be considered in planning a diet for a pre-schooler.
(or)
14. b. What are the points to be considered in planning diets for school children?
15. a. Give RDA suggested by ICMR for adult man and adult woman.
(or)
15. b. Explain the importance of calcium and fibre during old age.

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

16. a. Discuss the factors affecting Recommended Dietary Allowances.
(or)
16. b. Elaborate the uses of ICMR, RDA in planning a balanced diet.
17. a. Describe the physiological changes during pregnancy.
(or)
17. b. Explain the role of hormones in lactation and give RDA for lactating mother.
18. a. Explain the nutritional composition of human milk.
(or)
18. b. Discuss the need for weaning and types of supplementary foods.
19. a. Write in detail about nutrition related problems of preschoolers.
(or)
19. b. Discuss the eating disorders of adolescent girls.
20. a. Describe the nutritional problems during old age.
(or)
20. b. Give a brief account on dietary guidelines and diet modifications for elderly.

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Key

1. C
2. B
3. C
4. A
5. D
6. B
7. -
8. A
9. -
10. A