



# Avinashilingam Institute for Home Science and Higher Education for Women

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

## Continuous Internal Assessment Test 2 – October 2024 I SEMESTER

Class : III UG

Major : Food Service Management and Dietetics

Time: 2 hours

Maximum Marks: 60

### 21BFDO01 Lifestyle practices Generic elective course

#### Course Outcomes:

At the end of the course, students will:

1. Relate nutritional requirements for various stages of life
2. Plan a balanced diet
3. Distinguish between healthy & unhealthy lifestyle practices
4. Correlate lifestyle practices with health outcomes
5. Practice & promote healthy lifestyle practices

#### Part-A

6x1=6

#### Choose the correct answer

1. Hook worm infestation leads to  
a. beriberi b. scurvy. c. anemia d. pellagra CO1K1
2. The RDA recommendations of calcium for 10-12yrs is  
a. 1000mg/day b. 900mg/day c. 800mg/day d. 850mg/day CO1K2
3. Eating disorder seen in adolescence is  
a. bulimia nervosa b. anorexia c. cachexia d. anemia CO3K2
4. The weight of Reference man is  
a. 65kg b. 55kg c. 60kg d. 50kg CO2K1
5. Identify the food that is rich in omega 3 fatty acids  
a. Rice b. fish c. orange d. carrot CO2K4
6. The protein requirement for normal adult is  
a. 1gm/kg body weight b. 1.5gm/kg body weight c. 0.8gm/kg body weight d. 2gm/kg body weight CO1K2

#### Part- B

3x6=18

#### Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Discuss the dietary guidelines for preschoolers  
(or)  
7. b. Plan a day menu for a school going girls & justify it CO1K3  
CO2K4
8. a. Write about growth patterns in adolescent  
(or)  
8. b. Mention the healthy life style practices for old age CO2K3  
CO5K4
9. a. Give brief on dietary modification during old age  
(or)  
9. b. Enlist the dietary guidelines for school going children CO3K3  
CO2K3

#### Part-C

3x12=36

#### Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Elaborate on nutritional requirements & healthy lifestyle practices in adult  
(or)  
10. b. Explain in detail on nutritional needs of an adolescent CO5K3  
CO1K2
11. a. Explain the importance of healthy snacking & correct choices of food in school going children  
(or)  
11. b. Give an account on nutritional problems of adolescent CO4K4  
CO3K3
12. a. Elaborate on nutritional problems of preschoolers  
(or)  
12. b. Discuss in detail on degenerative diseases in old age CO3K3  
CO2K4