



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 – August 2020
VI Semester

Class : III UG
Major : Human Development

Time : 2 Hours
Max. Marks : 50

15BHDC24 Nutrition Through Life Span

Part A

10 x 1 = 10

Choose the Correct Answer

1. A person having BMI between 18.5 – 25 is
a. obese b. normal c. underweight d. at risk
2. The Basic five food group includes in the first level.
a. vegetables b. sugars c. cereals d. meat
3.is called protective food.
a. Protein b. Cereals c. Carbohydrates d. Water
4.is a supplementary food.
a. Ragi Porridge b. Fruit Juice c. Mashed Potato d. All the Above
5. Scurvy occurs due to deficiency of vitamin
a. C b. B2 c. D d. A
6. For people with kidney dysfunctionis advised to be reduced from the diet.
a. carbohydrate b. protein c. water d. vitamins
7. Osteoporosis occurs more in
a. women b. adults c. aged women d. adolescents
8. Introduction of solid foods in a child's diet is at the age of
a. 2 years b. 1 year c. 1 ½ years d. 10 months
9.is body building food.
a. Apple b. Wheat c. Turnip d. Greens
10. Birth weight doubles by
a. 6 months b. 3 months c. 1 year d. 10 months

Part B

3 x 6 = 18

Answer any **Three** questions

Each answer should not exceed 400 words or two pages

11. Define food. Explain the classification of food.
12. Distinguish between weaning and supplementary foods.
13. What is health? Discuss the signs of good health.
14. What is body mass index? Mention its classification.
15. Discuss nutritional requirements of adolescents.
16. What are micro and macro nutrients? Explain their functions.
17. Define nutrition and its functions.
18. What are the factors influencing the nutritional status of preschool children?
19. Explain Recommended Dietary Allowances.
20. What is meal planning? Enumerate the principles of meal planning.

Part C

2 x 11 = 22

Answer any **Two** questions

Each answer should not exceed 800 words or four pages

21. Enumerate food groups and its function.
22. Discuss on the nutritional requirements during infancy.
23. Discuss the causes of nutrition deficiency in early childhood years.
24. Enumerate the nutritional requirements of Preschool children.
25. Describe RDA for Pregnant and Lactating mothers.
26. Trace the points to be considered while planning diet for the Elderly.
27. Prepare meal plan for a school going child.
28. Define therapeutic diet. Enumerate the principles of therapeutic diet.
29. What are the points to be remembered in meal planning for pregnant and lactating mothers?
30. Compare the nutritional requirements for Adult and Elderly.
