



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 – June 2021
VI Semester

Class : III UG
Major : Human Development

Time : 3 Hours
Max. Marks: 100

18BHDC24 Nutrition through Life Span Development

Part A
Choose the Correct Answer

10 x 1 = 10

1. The chemical components present in food are called as CO5 K1
a. phytonutrients b. nutrients
c. phytochemicals d. colloids
2. ICMR requirement of calcium for a school going child of 10 year old is _____mg/day CO4 K1
a. 500 b. 600
c. 800 d. 1200
3. _____ problem is common among preschoolers. CO3 K1
a. osteoporosis b. PEM
c. thyroid d. obesity
4. Which of the following is not a source of vitamin C? CO1 K1
a. lemon b. orange
c. rice d. tomato
5. The ratio of energy distribution from carbohydrate, protein and fat is CO5 K1
a. 7:1:2 b. 6:3:2
c. 7:3:3 d. 5:3:2
6. Energy derived from cereals should not be more than _____ percent in meal planning CO5 K1
a. 50 b. 60
c. 75 d. 85
7. _____ is a clear fluid diet CO5 K1
a. Barley water b. Milk shake
c. Juice d. Ragi malt
8. The protein requirement for a preschool child is _____ g/kg of body weight. CO3 K2
a. 1.3 b. 1.5
c. 2.0 d. 1.8
9. The decreased taste sensitivity and anorexia in old age are due to the deficiency of CO5 K2
a. iron b. zinc
c. vitamin D d. Vitamin B6
10. Which food group do you recommend for a bank employee to consume more? CO1 K5
a. Milk and pulses b. fruits and vegetables
c. egg and meat d. cereals

Part B
Answer ALL questions
Each answer should not exceed 400 words or two pages

5 x 6 = 30

- 11.a. Examine the functions of food. CO1 K1
(or)
11.b. Assess the importance of therapeutic diet for lifestyle diseases. CO5 K4
- 12.a. Choose the foods required during pregnancy and lactation period to meet the nutritional requirements. CO2 K3
(or)
12.b. Classify food based on its functions CO1 K2
- 13.a. Select any two recipes suitable for aged people. Justify CO5 K2
(or)
13.b. Describe the nutritional requirement of 60 year old elderly woman who suffers from Osteoporosis. CO5 K2
- 14.a. Explain the points to be considered in planning menu for preschoolers CO3 K2
(or)
14.b. Describe the principles of therapeutic diet. CO5 K2
- 15.a. Prepare a sample menu for a preschool child who suffers from night blindness. CO3 K2
(or)
15.b. Explain the nutrient requirement for a pregnant woman who works as a teacher. CO2 K2

Part C
Answer ALL questions
Each answer should not exceed 800 words or four pages

5 x 12 = 60

- 16.a. Examine the importance of minerals requirement during old age. CO5 K3
(or)
16.b. Explain the reasons for the decrease of energy requirement with an increase in age. CO5 K2
- 17.a. Analyse the points to be considered while planning menu for an adult with obesity problem. CO5 K4
(or)
17. b. Assess the importance of food in relation to health CO1 K5
- 18.a. Write the dietary measures for the nutritional problems of the elderly CO5 K3
(or)
18.b. Explain the factors influencing the nutritional problems of preschool children CO3 K2
- 19.a. Identify the physiological changes associated with pregnancy. CO2 K3
(or)
19.b. Write a day's menu for a preschool child of five year old. CO3 K2
- 20.a. Describe the nutrient requirement for a sedentary pregnant woman. CO2 K2
(or)
20.b. Propose a low cost balanced diet suitable for a malnourished child. CO1 K6
