



**Continuous Internal Assessment Test-II , April 2025**

**Semester VI**

**Class: III UG**

**Time: 2hrs**

**Major: Human Development**

**Maximum Marks: 60**

**21BHDC24 - Nutrition through Life Span**

- CO1: Understand the need and importance of food and its functions  
CO2: Examine the requirements of nutrition during pregnancy and lactation  
CO3: Learn to prepare and plan menu for pre-schoolers and to prevent nutrition deficiency problems of pre-schoolers  
CO4: Comprehend the nutrition requirements for school age and deficiency diseases  
CO5: Assess the importance of therapeutic diet and Recommended Dietary Allowance for aged

**PART-A**

**Answer the following**

**(6x1=6 marks)**

**Multiple choice questions:**

1. Vitamin C is a water-soluble vitamin that is essential for the absorption of..... CO3K1  
a) iron b) calcium c) iodine d) carbohydrate
2. Pre-schoolers diet should be CO3K2  
a) attractive and variety b) composed of high protein c) soft and fibre rich d) spicy
3. Goitre is .....deficiency CO4K3  
a) Thiamine b) Iodine c) Riboflavin d) Vit D
4. BMI between 25 and 29.9 indicate ..... CO3K2  
a) obese b) low c) normal d) overweight
5. The most common problems among elderly is ..... CO3K2  
a) change in taste b) BP c) constipation d) both a and d
6. Women's energy requirements are .....calories CO5K2  
a) 800 to 1000 b) more c) 1,800 to 2,400 d) 1500 to 2000

**PART-B**

**Answer any two questions**

**(3x6= 18 marks)**

**Answers should not exceed 400 words**

- 7.a. Elucidate on factors influencing nutritional status of preschoolers. (or) CO3K3  
7 b. Define BMI and calculate your BMI, mention the category. CO3K3
- 8.a. Illustrate common nutritional problems of Preschoolers. (or) CO4K4  
8 b. Differentiate Kwashiorkor and Marasmus. CO3K4
- 9 a. Highlight common adolescent nutrition problems. (or) CO4K3  
9 b. Write on common nutritional deficiencies during adulthood. CO5K3

**PART-C**

**Answer any one question**

**Answer should not exceed 800 words**

**(3x12= 36 marks)**

- 10.a. Highlight on Elderly nutrition. (or) CO5K4  
10.b. Discuss nutritional requirements during adulthood. CO5K4
- 11.a. Write on Therapeutic diet and examples of it. (or) CO5K3  
11.b. Discuss on principles of therapeutic diet. CO5K3
12. a. Highlight on factors to be considered while planning diet for adolescents. (or) CO4K4  
12. b. Brief out on common nutritional problems of elderly. CO5K4

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