

**Avinashilingam Institute for Home Science and Higher Education for Women
Coimbatore-641043.**

Master's Degree Examination – November 2017

I---Semester

**Class : IPG
Major : FSN**

**Time: 3 hours
Max. Marks: 60**

17MFNC01

Nutrition through life span

Part A

10 x 1/2 = 5

Choose the correct answer

1. The waist hip ratio of upper body obesity women is-----
a. 1.0 b. > 1.0 c. 0.85 d. 0.7
2. Crown heel length of infants less than 2years are measured using -----
a. Stadiometer b. anthropometer c. infantometer d. beam balance
3. Total weight gain in twin pregnancy is -----kg
a. 10-12 b. 13-15 c. 16-20 d. 20-22
4. Foremilk is high in all nutrients except
a. fat b. lactose c. protein d. vitamins
5. Absence of thirst is known as -----
a. polydypsia b. dysphagia c. adipsia d. hydrophobia
6. The elemental Ca:P ratio is ----- in adolescence
a. 1:1 b. 1:2 c. 1:3 d. 1:4
7. Which day is celebrated as World elder's day
a. 1st October b. 2nd September c. 3rd December d. 31st October
8. Soya isoflavones protects women against-----
a. gelatin b. glutenin c. antioxidants d. Zein
9. The physical activity ratio suggests by ICMR for walking briskly is -----
a. 2.3 b. 3.3 c. 3.6 d. 3.8
10. ----- anemia is common due to haemodilution in sports person
a. microcytic b. transcient c. dilutional d. pernicious

Part B

5 x 4 = 20

Answer ALL questions

Each answer should not exceed 200 words or one page

11. a. Write short notes on clinical examination
Or
b. Give the anthropometric measurements of a PEM child
12. a. Write short notes on gestational diabetes mellitus
Or
b. Discuss the factors responsible for lactational failure
13. a. Suggest nutritious packed lunch for school going child
Or
b. Discuss about the dietary guidelines of preschool children
14. a. Write the reasons for neurological dysfunction in oldage
Or
b. Give the role of fibre in oldage
15. a. Discuss the factors affecting protein requirement of atheletes
Or
b. Brief on vitamin requirements in higher altitudes.

Part C

5 x 7 = 35

Answer ALL questions

Each answer should not exceed 600 words or three pages

- 16.a. Discuss about the anthropometric assessment of adults
Or
b. Discuss about any four dietary assessment methods
17. a. Describe about the general nutritional problems in pregnancy
Or
b. Explain about the immunological benefits of breastmilk
18. a. Discuss about the nutritional needs of a school going child
Or
b. Elucidate the changes needed to prevent malnutrition in adolescence.
19. a. Write the about the psychological problems in oldage
Or
b. Give the significance of soya protein, probiotics and omega fatty acids in dults
20. a. Discuss about the energy and protein requirements in high altitudes
Or
b. Elaborate on the fluid requirements of endurance atheletes
