

**2013**

**M.Sc.**

**3rd Semester Examination**

**NUTRITION AND DIETETICS**

**PAPER—NUD-301**

*Full Marks : 40*

*Time : 2 Hours*

*The figures in the right-hand margin indicate full marks.*

*Candidates are required to give their answers in their own words as far as practicable.*

*Illustrate the answers wherever necessary.*

**Module — I**

**(Dietary Planning)**

**(Marks : 20)**

1. Answer any *five* questions of the following: 1×5
- (a) What do you mean by Energy Yielding food ?
  - (b) Write the nutritional benefit of Eggs.
  - (c) Write the fundamental Principle of Planning of low cost diet.
  - (d) What is the relationship between Life style and Dietary Pattern ?
  - (e) Write any two features for planning of diet in winter season.

*(Turn Over)*

- (f) Write the names of any two points to be considered in planning a diet.
- (g) Write the utility of food guide Pyramid in Planning menus.
- (h) Write any two features of high cost diet.

2. Answer the following.

- (a) Describe the Dietary planning of different seasons with special reference to the tropical countries.
- (b) Discuss the advantages and limitations of lacto-vegetarian diets and diets used by vegans.
- (c) How is food related to health? 3+3+2

Or

- (a) Write the food exchange list for India.
- (b) "Meal pattern must fulfill family needs" — justify the statement.
- (c) Discuss the physiological functions of food groups. 3+2+3

3. (a) State the principle of balance diet formulation considering seven food group plan.

- (b) Describe the steps involved in planning a diet.
- (c) Write the role of economical factors in planning a diet. 3+2+2

Or

- (a) Write the effects of Life style on dietary planning.
- (b) Describe the important features of balance diet. 4+3

**Module — II**  
**(Diet Chart Preparation)**

(Marks : 20)

4. Answer any *five* questions of the following : 1×5
- (a) What do you mean by food jags ?
  - (b) What is Pica ?
  - (c) Write the full form of HRQOL and WELCOA.
  - (d) What do you mean by age-related macular degeneration ?
  - (e) What do you mean by Gerontology and Xerostomia ?
  - (f) What is Growth spurt ?
  - (g) What do you mean by FTT ?
  - (h) Write the names of any two factors responsible for rejecting the food by pre-school child.
5. (a) Discuss the eating disorders of adolescecent girls.
- (b) "Folic acid and Vitamin E are important dietary items of Expectant Mother" — justify the statement critically from the view point of nutrient requirement. 4+4

Or

- (a) Prepare a low cost balance diets of pre-school children (4 to 6 years).
- (b) Find out the dietary pattern of lactating mothers in your locality and justify the pattern from the view point of food science.
- (c) What do you mean by lactogogues ? 3+3+2

6. (a) Describe the modification of diet during old age.  
(b) Bring out the importance of calcium and fibre in the Geriatric diet.  
(c) What do you mean by free medical theory of ageing? 3+3+1

Or

- (a) Describe the school lunch intervention programmes implemented in India.  
(b) What is packet lunch? Write the points to be considered in 'planning a packet lunch'. 3+(1+3)
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