

**M.Sc. 3rd Semester Examination, 2015**

**NUTRITION AND DIETETICS**

**PAPER —NUD - 301(Module - I & II)**

*Full Marks : 40*

*Time : 2 hours*

**Answer all questions**

*The figures in the right-hand margin indicate 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 )**

- 1. Answer any five questions of the following : 1 × 5**
  - (a) What do you mean by food assistance ?**
  - (b) What is DRV ?**

**( Turn Over )**

( 2 )

- (c) Why proteins have high SDA ?
  - (d) Mention any two features of socio-cultural aspects of diet planning.
  - (e) What do you mean by functional food ?
  - (f) Write the EER prediction equation at four physical activity level.
  - (g) Write the formula for the evaluation of PAR and PAL value.
  - (h) Mention two features of diet planning in winter season.
2. (a) What do you mean by protective food ? Give an example.
- (b) Why a balanced diet is important for maintaining a healthy body ? ( 2 + 1 ) + 5

*Or*

- (a) Write a short note on food security.
- (b) Write the application of food exchange list in the field of nutrition.

( 3 )

- (c) What is atonic constipation ? Why dietary fiber rich meal should be prescribed for the prevention of constipation ? 3 + 2 + 3
3. (a) "Improper food style is one of the most important risk factor of CVD" – Justify this statement.
- (b) Critically analyze "five food groups plan" and write their major nutrients. 4 + 3

Or

- (a) How is diet related to gender ?
- (b) Write the important features of a diet chart for an expectant mother. 3 + 4

## MODULE— II

### *(Diet Chart Preparation)*

4. Answer any *five* questions of the following : 1 × 5
- (a) What are first class proteins preferred for the geriatric diet ?
- (b) What do you mean by Vegan ?

( 4 )

- (c) Write the full form of CSSM and GOBI.
  - (d) Mention any one role of ICDS for the alleviation of malnutrition.
  - (e) How can you modify the food habits of children ?
  - (f) Define food intolerance with an example.
  - (g) Which micronutrients are deficient in Neonatal tetany ?
  - (h) What is packed lunch ?
5. (a) Why does a nutritionist prescribe milk and egg as important food stuffs for preschool children ?
- (b) Describe in brief about the basic principle followed in weaning. 4 + 3

*Or*

- (a) Distinguish the nutritional problems of Indian and western adolescent.

( 5 )

(b) How much fiber is required for a kid ?

(c) What do you mean by anorexia of aging ?

3 + 2 + 2

6. (a) "Poverty is related to undernutrition"— Justify the statement with a schematic presentation.

(b) What are the reasons, other than poverty, for malnutrition of children of preschool age ?

4 + 4

*Or*

(a) What are the biochemical markers influencing food choice for geriatric person ?

(b) Why additional diet is required during lactation ?

4 + 4