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**FNS 453**

**II Semester M.Sc. (CBCS) Degree Examination, September/October 2022**  
**FOOD SCIENCE AND NUTRITION**  
**Life Span Nutrition**

Time : 3 Hours

Max. Marks : 70

1. Write short notes on **any five** of the following (**not** exceeding **2** pages **each**).  
(5×3=15)

- a) Meal Planning.
- b) Food groups.
- c) Let Down Reflux.
- d) Growth Spurt.
- e) Food Frequency Questionnaire.
- f) Food Exchange List.
- g) Complimentary Feeding.
- h) Weight Gain in Pregnancy.

2. Write short notes on **any five** of the following (**not** exceeding **3** pages **each**).  
(5×5=25)

- a) Factors contributing to Longevity.
- b) The consequences of adolescent pregnancy ?
- c) Write on the Physiological changes in elderly.
- d) Significance of iron, folic acid and iodine during pregnancy.
- e) The points to be considered while planning a diet for a lactating mother.
- f) Breast feeding v/s bottle feeding.
- g) Factors influencing dietary pattern of adolescents.
- h) Consequences of malnutrition on physical, mental and cognitive development of children.

P.T.O.



3. Answer **any three** of the following (**not** exceeding **5** pages **each**). **(3×10=30)**

- a) Discuss in detail nutritional problems in old age and their dietary management.
  - b) Elaborate on different dietary assessment methods.
  - c) Discuss lactation under :
    - i) Physiology
    - ii) Nutritional requirement.
  - d) Discuss pregnancy under :
    - i) Physiological changes.
    - ii) Complications and management.
  - e) Discuss the following aspects in adolescents.
    - i) Growth and development.
    - ii) Nutritional problems and RDA.
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