

Faculty of Science

B.Sc (Applied Nutrition & Public Health) II-Year, CBCS –IV Semester

Regular Examinations -June/July, 2022

PAPER: Family and Community Nutrition

Time: 3 Hours

Max Marks: 80

Section-A

- I. Answer any *eight* of the following questions (8x4=32 Marks)
1. RDA
 2. ICMR – role in meal planning
 3. Balanced diet
 4. Expectant mother and folic acid
 5. Gestational diabetes
 6. Supplementary food for infants
 7. ICDS – role in eradicating malnutrition
 8. Malnutrition
 9. RDA for pre schoolers
 10. Geriatrics group
 11. Sampling
 12. Diet surveys

Section-B

- II. Answer the following questions (4x12=48 Marks)
- 13.(a) What is a food pyramid? Explain in detail its levels and their significance in maintaining good health.
(OR)
(b) Write about the principles and objectives of meal planning.
- 14.(a) Write about the relationship between maternal diet and birth outcome.
(OR)
(b) Elucidate the difference between breast feeding and artificial feeding
- 15.(a) How do you prepare a food chart for a school going child as per the nutritional requirements.
(OR)
(b) Write about the various methods used for assessment of malnutrition in children.
- 16.(a) What are the different methods used to educate the community about nutrition and its importance.
(OR)
(b) Write about the indirect methods of nutritional assessment.

Faculty of Science
B.Sc (Applied Nutrition & Public Health) II-Year, CBCS –IV Semester
Backlog Examinations –Jan, 2023
PAPER: Family and Community Nutrition

Time: 3 Hours

Max Marks: 80

Section-A

I. Answer any *eight* of the following questions (8x4=32 Marks)

1. Raw food and its importance
2. Factors affecting RDA
3. Food plate
4. Lactating mother
5. Infant food
6. Breast feeding and its importance
7. Eating disorders in adolescence stage
8. RDA in packed lunch
9. RDA for preschoolers and school goers
10. RDA for geriatrics
11. Audiovisual aids for nutritional awareness
12. Food balance sheets

Section-B

II. Answer the following questions (4x12=48 Marks)

13. (a) Define a) Food pyramid b) Food composition tables.
(OR)
(b) Explain briefly the changes seen in nutritional requirements in men and women with increasing age and decreasing physical activity.
14. (a) Write about the general nutritional guidelines to be followed by a lactating mother.
(OR)
(b) Explain about the most common disorders seen during pregnancy.
15. (a) Write in detail the various mid day meal programs implemented by government and NGO's.
(OR)
(b) Write about the nutritional requirements and RDA for preschoolers.
16. (a) What are the different methods used to educate the community about nutrition and its importance.
(OR)
(b) Write about the direct methods of nutritional assessment.
