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**DHANALAKSHMI SRINIVASAN COLLEGE  
OF ARTS & SCIENCE FOR WOMEN  
(AUTONOMOUS)**

(For Candidates admitted from 2019 - 2020 onwards)



**UG DEGREE EXAMINATIONS APRIL - 2021**

**B.Sc., – NUTRITION AND DIETETICS**

**NUTRITION LIFE SPAN**

**Time: 3 Hrs**

**Max.Marks: 75**

**PART - A**

**CHOOSE THE CORRECT ANSWER**

**(10X1=10)**

1. RDA stands for
  - a) Recommended Daily Allowances
  - b) Recommended Dietary Allowances
  - c) Regular Dietary Allowance
  - d) Regular Daily Allowances
2. Dietary allowances are also influenced by the ----- of an individual.
  - a) Intake
  - b) Sleep
  - c) Drink
  - d) Activity
3. Calcium requirement of an infant for a rapid growth is
  - a) 200 mg
  - b) 300 mg
  - c) 400 mg
  - d) 500 mg
4. "Weaning" comes from
  - a) Wemian
  - b) Weiman
  - c) Weeman
  - d) Waemian
5. The RDA of protein in preschool children of 1-3 years is
  - a) 20.1g
  - b) 20.6g
  - c) 16.7g
  - d) None of these
6. Dietary bulk with a low caloric density foods are
  - a) Rice
  - b) Wheat
  - c) Bajra
  - d) a, b & c.
7. According to the WHO, individuals between \_\_\_\_\_ are considered as adolescents.
  - a) 8 and 10 years
  - b) 10 and 12 years
  - c) 10 and 19 years
  - d) 13 and 20 years
8. Iron is needed for the synthesis of
  - a) Fatty acids
  - b) Haemoglobin
  - c) Riboflavin
  - d) Niacin
9. Age group of a reference man is \_\_\_\_\_
  - a) 18-29 years
  - b) 18-25 years
  - c) 15-30 years
  - d) 20-40 years
10. Which of the following years is considered as old age?
  - a) 40 and above
  - b) 50 and above
  - c) 60 and above
  - d) 70 and above

**PART - B**

**ANSWER ALL THE QUESTIONS**

**(5X7=35)**

11. a) List down the basic principles of meal planning.

**(OR)**

b) Write short notes on the physiological changes during pregnancy.

12. a) Write short notes on the importance of nutrition during infancy.

**(OR)**

b) Summarize the points to be considered while weaning.

13. a) Write short notes on growth pattern during preschool age.

**(OR)**

b) Discuss briefly on the dietary guidelines for a school child.

14. a) Write short notes on body composition during adolescence.

**(OR)**

b) Discuss briefly on the importance of iron during adolescence.

15. a) Write short notes on importance of Calcium and Phosphorus during adult.

**(OR)**

b) Write short notes on importance of Calcium during old age.

**PART - C**

**ANSWER ANY THREE QUESTIONS**

**(3X10=30)**

16. Elaborate on the nutritional requirements during pregnancy.

17. Discuss in detail on the nutritional requirements during infancy.

18. Elaborate on the nutritional requirements during pre school age.

19. Write in detail on the nutritional problems during adolescence.

20. Elaborate on the nutritional problems of the elderly.