2020

FOOD AND NUTRITION (Honours)

Paper : FNTH - DC - 6

(Nutrition and Phases of Life)

(CBCS)

Full Marks : 25 Time : Two Hours

The figures in the margin indicate full marks.

Instruction to students for Page Limitation

For **all one (01) mark** questions, students should answer within **1 page of an A4 paper;** for **each five marks (05)** question : **Max. 1 page of an A4 paper** (including figure / diagram, if any) and for **10 marks (10)** question : **Max. 2½ page of an A4 paper** (including figure / diagram, if any), should be used.

1. Answer any *five* questions from the following : 1×5=5

   (a) What is colostrum?

   (b) Define preterm baby.

   (c) State common nutritional deficiencies occur in early childhood.

   (d) What is weaning food?

   (e) Why is osteoporosis common during old age?

   (f) Write down the advantages of formula feeding?

   (g) What do you mean by morning sickness?

   (h) What do you mean by carbohydrate loading?

2. Answer any *two* questions from the following : 5×2=10

   (a) Write down the daily nutritional requirements of school going children. 5

(b) Discuss the additional nutritional requirement during pregnancy. Define supplementary food. 3+2

(c) What are the advantages and disadvantages of Breast feeding? 5

3. Answer any *one* questions from the following : 10×1=10

(a) Discuss the nutritional problems of aged persons. Describe the dietary guideline of aged person. 5+5

(b) Write down the nutritional requirement of lactating mother. Discuss the physiological changes occur during lactation. 5+5