

2017

( April )

B.A. (HONOURS) NUTRITION

(NH-201T)

( A Lifespan Approach )

Marks : 56

Time : 3 hours

*The figures in the margin indicate full marks  
for the questions*

Answer any **four** questions

1. (a) Who is an infant? 2
- (b) Why is infancy considered as a period of rapid growth and development? 6
- (c) List the important nutrients required during this period. Why? 6
2. (a) What are the physiological changes that take place during pregnancy? 7
- (b) Describe briefly the importance of 'Nutrition' during this period. 7

( 2 )

3. (a) Define and give the meaning of balanced diet. 2+2
- (b) Discuss the role of balanced diet in early childhood and its impact on health. 10
4. (a) Who is a reference man and a reference woman? 4
- (b) Give the nutritional guideline for an adult man with respect to the different activities performed by him. 10
5. (a) What is 'letdown reflex'? Briefly discuss the role of hormones during lactation. 2+5
- (b) Explain the dietary modification required for a nursing mother. 7
6. Write short notes on any *two* of the following : 7×2=14
- (a) Food exchange list
- (b) RDA
- (c) Nutritional problem during old age

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**2/H—38 (ii) (Syllabus-2015)**

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**Answer any four questions**

1. (a) Explain the use of food exchanges in planning a balanced diet. 6
- (b) Define balanced diet. 2
- (c) Discuss the factors affecting meal planning for a family. 6
2. (a) Give reasons for the increased energy and protein requirements for a lactating woman. 2+2=4
- (b) Write the nutritional requirements of calcium and iron in an elderly person. 6
- (c) Write a short note on colostrum. 4

3. (a) Discuss the effects of nutritional status during pregnancy. 5
- (b) What are nutritional-related complications during pregnancy? State their management. 5+4=9
4. (a) Explain food pyramids. 9
- (b) What are the strategies to prevent diet and lifestyle related diseases? 5
5. (a) What is weaning food? Give the method for preparing one low-cost weaning food. 5+2=7
- (b) What is 'growth chart'? Write the interpretation of it. 3+4=7
6. (a) Describe development during school age. 10
- (b) Discuss the food choices of adolescents. How they affect their nutritional status? 4

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2018

( April )

BA (HONOURS) NUTRITION

( Therapeutic Nutrition and Fitness )

( NH-401 T )

Marks : 56

Time : 3 hours

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for the questions

Answer any **four** questions

1. (a) Write the meanings of the following :  $2 \times 4 = 8$ 
  - (i) Bland diet
  - (ii) Diet therapy
  - (iii) Nutritional supplement
  - (iv) BMI

(b) Discuss the pre- and post-operative diets. 6
  
2. (a) Describe the etiology and nutritional management of atherosclerosis.  $4 + 4 = 8$ 

(b) State the role played by LDL and HDL in atherosclerosis. 6

3. (a) Write the nutritional management during (i) tuberculosis and (ii) peptic ulcer. 5+5=10
- (b) Write a short note on peritoneal dialysis. 4
4. Describe the importance and benefits of physical activities. 14
5. (a) Write on the classification of obesity. 6
- (b) Define anorexia nervosa and bulimia. 4+4=8
6. (a) Differentiate between Type I and Type II diabetes mellitus. 4
- (b) What is the relationship of complex carbohydrate to Type II diabetes mellitus? 5
- (c) Explain the role of insulin in Type I diabetes mellitus. 5

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