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(Pages : 2)

Name.....

Reg. No.....

**FIFTH SEMESTER (CBCSS—UG) DEGREE EXAMINATION
NOVEMBER 2024**

Family and Community Science

FCS 5B 06—DIET IN HEALTH

(2019 Admission onwards)

Time : Two Hours and a Half

Maximum : 80 Marks

Section A

Answer all questions.

Each question carries 2 marks.

1. Name the vitamin that which helps to repair injured cells and mention its sources.
2. Enlist the international organizations that work to ensure nutritional health of individuals.
3. What are the major causes of low birth weight ?
4. List down the causes of adolescent obesity ?
5. What is the total energy intake recommended for a lactating woman ?
6. What is lactation failure ?
7. How is calcium content in breast milk maintained even during maternal malnourishment ?
8. Suggest few ways to improve bio availability of iron in food.
9. Give few recommendations for healthy food choices for adolescents.
10. List out the ill-effects of anemia on adolescents.
11. Why do elder adults need to limit their sodium intake ?
12. How do antioxidants help in improving health ?
13. What are the major factors that needs to be considered while menu planning ?
14. How are carbohydrates classified on basis of number of sugar units ?
15. How can inadequate protein intake affect the quality of breast milk ?

(Ceiling marks = 25 marks)

Turn over

Section B (Short Answer Questions)

Answer all questions in a paragraph.

Each question carries 5 marks.

16. Elucidate the advantages and disadvantages of artificial feeding.
17. Make a note on the major components of breast milk.
18. What is iron deficiency anemia ? Explain few symptoms.
19. How can binge eating affect the health of an individual ?
20. What is ICDS ? Brief upon the working of ICDS.
21. What are the major factors influencing food preferences in preschoolers ?
22. Elicit factors that affect nutrition in elderly.
23. Explain the principles of sports nutrition.

(Ceiling marks = 35 marks)

Section C (Essay Questions)

Answer any two questions.

Each question carries 10 marks.

24. Mention few deficiency disorders associated with adulthood and explain the risk factors involved in them.
25. How has sedentary lifestyle and fast food impacted the health of individuals ?
26. Explain the dietary recommendations for a breastfeeding woman.
27. Brief on scope of geriatric nutrition in India.

(2 × 10 = 20 marks)