

U.G. 3rd Semester Examination-2021**FOOD & NUTRITION****[HONOURS]****Course Code : F&N-H-CC-T-6**

Full Marks : 40

Time : 2½ Hours

*The figures in the right-hand margin indicate marks.**Candidates are required to give their answers in their own words as far as practicable.*1. Write short notes on any **five** of the following:

2×5=10

- a) Antioxidant nutrients.
- b) Glycemic Index of food
- c) RDA
- d) Limiting amino acids
- e) Dietary fibers
- f) Supplementary food
- g) Weaning

2. Answer any **two** questions :

5×2=10

- a) Define LBW babies and write on their feeding problem. 1+4=5
- b) Write on the nutritional needs of adolescents with special reference to protein, iron and calcium. 5

c) i) Write on the impact of nutrition in milk production of mother during lactation.

ii) How much Kcal per day is needed for lactating mother for first six months. ?

4+1=5

d) What is sports nutrition? What type of nutrition is needed for athletes? 2+3=5

3. Answer any **two** questions : 10×2=20

a) i) What is formula feeding?

ii) Write on the advantage and disadvantage of formula feeding. 4+(3+3)=10

b) i) Write on the physiological complications in geriatric groups.

ii) What dietary modifications are needed for them? 5+5=10

c) i) What special diets are required by manual labourer?

ii) Write on the requirement of calorie and protein by sedentary worker. 5+5=10

d) i) Write on the common complications that women experience during pregnancy.

ii) Write on the food selection during pregnancy. 5+5=10
