

Total No. of Printed Pages—2

4 SEM TDC HSCH (CBCS) C 9

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(June/July)

HOME SCIENCE

(Core)

Paper : C-9

(Nutrition : A Life Cycle Approach)

Full Marks : 53

Pass Marks : 21

Time : 3 hours

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

1. Fill in the blanks : 1×5=5

- (a) Basic five food groups were recommended by _____.
- (b) Additional amount of _____ should be given to pregnant women for proper growth of the foetus.
- (c) _____ is the period of transition.
- (d) Proper _____ is essential for physical fitness.
- (e) Meat, fish, milk and egg are rich source of _____.

2. What do you mean by the following? $2 \times 5 = 10$
- (a) Food exchange list
 - (b) RDA
 - (c) Meal planning
 - (d) Children with special needs
 - (e) Energy balance

3. Write short notes on the following (any four) : $5 \times 4 = 20$
- (a) Factors affecting food related behaviour
 - (b) Physiological changes during pregnancy
 - (c) Healthy food choices of infants
 - (d) Nutrition for sports
 - (e) Nutritional guidelines of adolescents

4. Write briefly about basic five food groups. 8

Or

Write about the factors affecting meal planning.

5. How will you define elderly? What are the physiological changes during elderly? What are the healthy food choices for elderly? $2+4+4=10$

Or

Mention any four methods of assessment of nutrient requirements. Write briefly about any two methods. $2+4+4=10$
