

B.Sc. 3rd Semester (Honours) Examination, 2022 (CBCS)

Subject : Nutrition

Course : CC-VI

(Nutrition: Life Cycle Approach)

Time: 2 Hours

Full Marks: 40

The figures in the margin indicate full marks.

*Candidates are required to give their answers in their own words
as far as practicable.*

1. Answer *any five* questions of the following: 2×5=10
 - (a) Define carbohydrate loading.
 - (b) Write the consequences of adolescence pregnancy.
 - (c) What are the galactagogues?
 - (d) State the benefits of breast-feeding for maternal health.
 - (e) Write the importance of Quetelet's index.
 - (f) Why is human milk called the 'Sweetest milk'?
 - (g) What is pica?
 - (h) What do you mean by ergogenic aids in reference to athlete diet?

2. Answer *any two* questions of the following: 5×2=10
 - (a) Enumerate the problems associated with formula feeding.
 - (b) Define weaning. Discuss the problems of weaning. 2+3
 - (c) Discuss about the nutritional requirements of an adolescent girl.
 - (d) What is 'Let Down Reflex'? Discuss the importance of complementary food by mentioning the principle of it. 2+3

3. Answer *any two* questions of the following: 10×2=20
 - (a) Briefly describe the physiological changes during pregnancy. Define eclampsia. 8+2
 - (b) Discuss the dietary guideline for an aged person. Write the importance of antioxidants in diet for geriatric person. 6+4
 - (c) Write a short note on main energy system for exercise and sport. Explain how these contribute towards the performance of an athlete. 5+5
 - (d) 'Both undernutrition and obesity pose serious threats to the health of the elderly'— How? Discuss about Alzheimer's disease in reference to causes, risk factor and precautionary measures from the angle of diet to prevent the disease. 4+(2+2+2)