

2023

FOOD AND NUTRITION — HONOURS

Paper : CC-8

(Human Nutrition - II)

Full Marks : 50

*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 : 2×5
- What is the RDA of protein and Ca during third month of lactation?
 - What do you mean by exclusive breast feeding?
 - What is a neural tube defect?
 - What should be the ideal weight gain for an Indian women during pregnancy?
 - What do you mean by preterm and low birth weight babies?
 - What is the toddlers age range?
 - What do you mean by weaning?
2. Write short notes on (*any two*) : 5×2
- Non-nutritional complications during pregnancy
 - Comparison between Mothers milk and Artificial milk
 - Growth chart
 - Antenatal care and its schedule.
3. Answer *any three* questions from the following :
- Why anaemia is common during pregnancy? What measures should be taken to prevent it? Explain the impact of malnutrition during pregnancy. 3+4+3
 - Give reasons for the increased energy and protein requirements for a lactating woman. Explain the role of hormones in milk production. 3+3+4
 - Describe the points to be considered in planning diets for school children. What are the reasons of malnutrition among school going children? What is Anorexia Nervosa? 4+4+2
 - Explain the nutritional importance during infancy. Explain the role of Lactobacillus Bifidus factor during infancy. List the problems of weaning and explain any one in detail. 3+3+2+2
 - Give the composition of colostrum. What do you mean by low birth weight babies? Discuss about the overall management of a low birth weight baby. 3+2+5
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