

**M.Sc Semester-2 Examination****407****Food Science****April-2024****FSN 407: NUTRITION FOR FITNESS AND LIFE CYCLE****(Time: 2.30 Hrs)****[Max Marks 70]**

**Instructions:** Illustrate your answers with neat diagrams wherever necessary.

**Q 1.** Write the following.

- (i) Define Adolescence. What are the factors that influence food habits of Adolescents? Suggest dietary guidelines for them. **(7 Marks)**
- (ii) What is EBF? Write the importance and advantages of breast feeding to child and mother. **(7 Marks)**

**OR**

- (i) Define Packed Lunch? What points to be considered while planning a packed lunch? Suggest some points to encourage child to eat packed lunch. **(7 Marks)**
- (ii) Describe Adulthood. Explain the changes associated with ageing in detail. **(7 Marks)**

**Q 2** Write the following

- (i) Define fitness and describe factors affecting fitness. **(7 Marks)**
- (ii) Describe factors affecting dietary intake. **(7 Marks)**

**OR**

- (i) Define nutritional status and discuss purpose of assessing nutritional status. **(7 Marks)**
- (ii) Discuss methods of nutritional status assessment in detail. **(7 Marks)**

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**Q 3. Write the following**

- (i) Write down the advantages and disadvantages of Carbohydrate Loading. **(7 Marks)**
- (ii) Explain ATP – PC energy system in detail. **(7 Marks)**

**OR**

- (i) Write down the pre game and post game dietary guidelines. **(7 Marks)**
- (ii) Write down the diet recommendation and schedule for carbohydrate loading with sample menu plan of CL. **(7 Marks)**

**Q 4. Write the following**

- (i) Discuss the physiology of fracture healing. **(7 Marks)**
- (ii) Discuss the three phases of severe Stress. **(7 Marks)**

**OR**

- (i) Discuss the dietary management of Sepsis. **(7 Marks)**
- (ii) Discuss Veganism. **(7 Marks)**

**Q 5. Attempt any seven out of twelve (14 Marks)**

- (i) What is the RDA (2020) of Iron and Calcium for sedentary woman?
- (ii) Define health.
- (iii) List out factors affecting health.
- (iv) Which tool should be used to assess nutritional status of an infant?
- (v) List out the limitations of anthropometric assessment.
- (vi) Name any two stress hormones
- (vii) What are Hypertonic sports drinks?
- (viii) Expand SIRS and MODS
- (ix) Who are Lacto-vegetarians?
- (x) Give brief about interrelationship between Nutrition and exercise.
- (xi) What is lactate threshold?
- (xii) What are the key aerobic metabolic pathways?

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