

B.Sc (Hons) FNS Semester-4 Examination**FNS 221****Nutrition in Health & Meal Planning****April-2024****Time : 2-30 Hours]****[Max. Marks : 70**

Instructions: Illustrate your answers with neat diagrams wherever necessary.

Q. 1 Write the following

- (i) What is Menu Planning? Explain the principles of planning a diet. (7 Marks)
- (ii) Define and explain food pyramid. Also explain the five-food group system suggested by ICMR. (7 Marks)

OR

- (i) Define Balanced Diet. Explain the composition, characteristics and importance of balanced diet. (7 Marks)
- (ii) Explain the determinants of food choice in detail. (7 Marks)

Q.2 Write the following

- (i) What is Adolescence. Explain the nutritional problems during adolescence. (7 Marks)
- (ii) Discuss growth and development during adolescent period in detail. (7 Marks)

OR

- (i) Discuss the factors influencing adolescents' food habits. (7 Marks)
- (ii) What is Junk food? Explain the dietary guidelines for Adolescent Girls and Boys. (7 Marks)

Q. 3 Write the following

- (i) Discuss the importance of adequate nutrition during adulthood. Describe in detail, the nutritional recommendation of adult men and women. (7 Marks)
- (ii) Explain lowcost balanced diets. Describe the dietary guidelines to reduce the cost of a meal. (7 Marks)

OR

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- (i) Define the term "Adult". Write a detailed note on diet and feeding pattern for adults. (7 Marks)
- (ii) Define Indian Reference Man and Indian Reference woman. Explain the ICMR classification of activities based on occupation in detail. (7 Marks)

Q. 4 Write the following

- (i) Describe the changes associated with ageing in detail. (7 Marks)
- (ii) Define Elderly? Explain diet and feeding pattern during old age. (7 Marks)

OR

- (i) Describe the nutritional problems during old age. (7 Marks)
- (ii) Define Ageing. What are the factors that influence the changes associated with ageing? (7 Marks)

Q. 5 Attempt any seven out of twelve

(14
Marks)

- (i) What are the steps involved in planning a diet?
- (ii) What are the advantages of using convenience foods? (Any four)
- (iii) Explain "my healthy plate" concept.
- (iv) Difference between Adolescence and Puberty. (any two)
- (v) What is Sarcopenia?
- (vi) Define food exchange list?
- (vii) Name the food exchanges that can be used as an energy-giving food group.
- (viii) What is the application of the food exchange list?
- (ix) What is RDA (2020) of fibre for elderly?
- (x) What is Alzheimer's Disease?
- (xi) Define Geriatric Nutrition
- (xii) Name the food exchanges that can be used as a body-building food group.

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