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(NEP—2020)

(2nd Semester)

HOME SCIENCE

(Major)

(Nutrition for the Family)

Full Marks : 75

Time : 3 hours

The figures in the margin indicate full marks for the questions

(SECTION : A—OBJECTIVE)

(Marks : 10)

Tick (✓) the correct answer in the brackets provided :

1×10=10

1. Energy requirement for a man moderate worker is

- (a) 2710 kcal/day ()
- (b) 2110 kcal/day ()
- (c) 3470 kcal/day ()
- (d) 2720 kcal/day ()

2. In a balanced diet, green leafy vegetables should be taken

- (a) two servings per day ()
- (b) four servings per day ()
- (c) three servings per day ()
- (d) one serving per day ()

- 3.** More fibre should be taken during pregnancy to prevent
(a) osteomalacia () (b) heart burn ()
(c) constipation () (d) cramps ()
- 4.** The hormones that stimulates milk production during pregnancy is
(a) prolactin () (b) progesterone ()
(c) oxytocin () (d) oestrogen ()
- 5.** The newborn baby should be fed with breast milk only up to
(a) 3 months () (b) 4 months ()
(c) 5 months () (d) 6 months ()
- 6.** Additional protein requirement for a lactating mother is
(a) 17 g () (b) 20 g ()
(c) 15 g () (d) 22 g ()
- 7.** The pre-school child may gain _____ per month between one and two years.
(a) 110–200 g () (b) 150–200 g ()
(c) 100–250 g () (d) 120–200 g ()
- 8.** Which of the following is particularly important for a school-going children?
(a) Early morning tea () (b) Breakfast ()
(c) Lunch () (d) Dinner ()
- 9.** The most common eating disorder for an adolescent girl is
(a) obesity () (b) anorexia nervosa ()
(c) craving of sweets () (d) junk foods ()
- 10.** Which of the following is defined as the age of retirement?
(a) Late adult () (b) Old age ()
(c) Adult () (d) Adolescence ()

(SECTION : B—SHORT ANSWERS)

(Marks : 15)

Write short notes on any *five*, taking at least *one* from each Unit : 3×5=15

UNIT—I

1. Vitamin requirements for an adult
2. Increased protein requirements during pregnancy

UNIT—II

3. Dietary guidelines for a lactating mother
4. Supplementary feeding for an infants

UNIT—III

5. Food habits for a pre-schooler
6. The importance of breakfast for school-going children

UNIT—IV

7. Anaemia during adolescence
8. Neurological dysfunction for an old age

(SECTION : C—DESCRIPTIVE)

(Marks : 50)

Answer *five* questions, taking at least *one* from each Unit : 10×5=50

UNIT—I

1. Define reference man and woman. What are the important principles of planning a meal?
2. Explain the reasons for increased energy and protein requirement for a pregnant woman. Write down the dietary guidelines for a pregnant mother.

UNIT—II

3. Explain the factors affecting the quantity and quality of breast milk. Discuss the vitamin C requirement for a lactating mother.
4. Explain the nutritional requirements of normal infants.

UNIT—III

5. Explain the nutritional importance for a preschooler.
6. What is packed lunch? What are the points to be kept in mind while making a packed lunch?

UNIT—IV

7. Write the problems faced by adolescents affecting their food intake.
8. Discuss the dietary advice for the aged. Explain the nutrition-related problems of osteoporosis for the elderly.

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