



WEST BENGAL STATE UNIVERSITY
B.Sc. Honours 3rd Semester Examination, 2022-23

FNTACOR06T-FOOD AND NUTRITION (CC6)

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.
Candidates should answer in their own words and adhere to the word limit as practicable.
All symbols are of usual significance.*

Answer any four questions from the following

10/4 = 40

1. What modifications in diet would you suggest for a pregnant woman? Write the importance of adequate weight gain during pregnancy. Give reasons for the increased energy and protein requirements for a lactating women. 4+2+4
2. Define meal planning. Explain the principles of meal planning. How are food exchange lists used in planning diets? Write about the factors that affect meal planning. 2+2+3+3
3. What do you mean by exclusive breast feeding? Write the advantages of exclusive breast feeding. What is expressed milk? Write two circumstances, when bottle feeding is given. What do you mean by mixed feeding? 2+2+2+2
4. What is baby-led weaning? Mention two problems of weaning. Write a short note on care and sterilization of bottles during preparation for bottle feeding. Differentiate between breast feeding and artificial feeding. 2+2+3+3
5. Discuss the points to be considered in planning diets for school children. Write a short note on eating disorders in school children. Explain the factors to be considered in planning packed lunch. 4+3+3
6. What do you mean by 'Reference man' and 'Reference woman'? Discuss in brief the requirement of protein in adult. "Osteoporosis is common in older adults and elderly" — Justify it. 2+2+3+3
7. What is colostrum? Write down the importance of colostrum. What is artificial feeding? Mention the immunological factors present in breast milk. 2+3+2+3
8. What is aging? What are the psychological problems associated with elderly. Write briefly on the nutritional requirements during aging. 2+3+5
9. Discuss about the nutritional requirements during adolescence. Write a short note on premenstrual syndrome. 6+4

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