

***Hiralal Mazumdar Memorial College For Women***

***Department of Food and Nutrition***

***3<sup>rd</sup> Semester MAJOR***

***Food and Nutrition***

***FNTDSC303T***

***NUTRITION THROUGH LIFE SPAN***



**CHAPTER 1 :- BASICS OF MENU  
PLANNING**

**SHORT QUESTIONS :- (1 MARKS)**

1. **DEFINE THE TERM “MENU PLANNING?”**
2. **FOUR FOOD GROUPS IS SUGGESTED BY WHOM?**
3. **IN A BALANCED DIET WHAT WILL BE THE RATIO OF CARBOHYDATE, PROTEIN AND FAT?**
4. **HOW MUCH MINIMUM AMOUNT OF MILK SHOULD BE INCLUDED IN THE DIET OF A ADULT MAN?**
5. **WRITE THE FULL FORM OF RDA**

**AND RDI?**

**SHORT NOTES    MARKS 5**

**BASIC 4 FOOD GROUPS, BASIC FIVE FOOD GROUPS, PRINCIPLES OF MENU PLANNING, FOOD EXCHANGE LIST, FOOD VALUE TABLE, AIMS AND OBJECTIVES OF MENU PLANNING, ADVANTAGES OF MENU PLANNING.**

**LONG QUESTIONS    MARKS 10**

**WHAT ARE THE FACTORS AFFECTING MENU PLANNING? WHAT ARE THE STEPS INVOLVED IN PLANNING A MEAL?**

**CHAPTER 2: NUTRITION IN ADULTS AND ELDERLY**

1. **Write down the physiological changes in old age?**
2. **Write down the nutritional requirement of elderly?**
3. **Dietary guideline for elder people?**
4. **Discuss about nutrition related problem of old age?**
5. **Give RDA for older people.**
6. **What alteration would you suggest in the diet plan for an old man?**
7. **What are the reason for malnutrition during old age?**
8. **Bring out the importance of calcium and fibre during old age?**
9. **How can Degenerative disease be prevented during old age?**
10. **Why is osteoporosis common during old age ? What are the risk factor?**

11. Nutritional requirements of adult?

12. Complications commonly occurring in adulthood?

### **CHAPTER 3 :- NUTRITION DURING PREGNANCY**

**SHORT QUESTION :- MARKS 1**

1. WRITE THE NAME OF SOME PLACENTAL HORMONES.
2. WHY EXCESS CALCIUM IS NEEDED DURING PREGNANCY?
3. WHAT IS MORNING SICKNESS?
4. WHAT IS HYPERMESIS GRAVIDERUM?
5. GIVE EXAMPLES SOME NUTRITIONAL PROBLEM AND COMPLICATIONS DURING PREGNANCY.
6. WHAT IS CREVINGS AND AVERSIONS?
7. WHAT IS GESTATIONAL DISBETES?
8. DEFINE PICA

**SHORT NOTES**

**MARKS 5**

**PRINCIPLES OF BREAST FEEDING, NUTRITIONAL AND NON NUTRITIONAL PROBLEMS DURING PREGNANCY, MORNING SICKNESS, GESTATIONAL DIABETES, TOXAEMIA, ANAEMIA DURING PREGNANCY, HORMONAL PROFILE DURING PREGNANCY, HIGH RISK PREGNANCIES, PHYSIOLOGICAL CHANGES DURING PREGNANCY, COMPLICATIONS DURING PREGNANCY, PRE ECLAMPSIA ,INITIATIVES OF GOVT TO PREVENT ANAEMIA IN PREGNANCY, ADOLESCENT PREGNANCY, NON NUTRITIONAL FACTORS AFFECTING PREGNANCY OUTCOME, IMPACT OF NUTRITIONAL DEFICIENCIES ON THE OUTCOME OF PREGNANCY, WEIGHT GAIN DURING PREGNANCY**

**LONG QUESTION MARKS 10**

**WRITE THE NUTRITIONAL REQUIREMENTS AND RDA OF A PREGNANT WOMEN WITH A SAMPLE MENU.**

### **CHAPTER 4 : NUTRITION DURING LACTATION**

**SHORT QUESTIONS MARKS 1**

1. WHAT IS GALACTOGOGUES? GIVE SOME EXAMPLES OF COMMON GALACTOGUES.
2. DEFINE LET DOWN REFLEX.
3. WHICH MINERAL CONTENTS ARE INDEPENDENT AND DEPENDENT OF MOTHER'S DIET?
4. WHAT IS EXPRESSED MILK?



**5. *WHAT IS FTT?***

**6. *WHAT IS LAM?***



**7. DEFINE LACTATION FAILURE.**

**8. BREAST MILK BANK IS SITUATED WHERE IN KOLKATA?**

**SHORT NOTES MARKS 5**

**HORMONAL CONTROL OF LACTATION. LET DOWN REFLEX, PHYSIOLOGY OF LACTATION, FACTORS AFFECTING QUALITY AND QUANTITY OF MILK, EXPRESSED MILK, FAILURE TO THRIVE, GALACTOGOGUES, BREAST FEEDING DURING COVID 19, LACTATION FAILURE. CARE OF NIPPLES AND BREAST DURING LACTATION, DIFFERENT BREASTFEEDING PROCEDURES, PROBLEMS OF BREAST AND NIPPLES DURING LACTATION**

**LONG QUESTIONS MARKS 10**

**WRITE THE NUTRITIONAL REQUIREMENTS AND RDA OF A LACTATING MOTHER WITH A SAMPLE MENU.**

**CHAPTER 5: NUTRITION DURING INFANCY**

**SHORT QUESTION 1 MARKS**

- 1. What is Colostrum?**
- 2. What is transition milk?**
- 3. What is foremilk ?**
- 4. What is hind milk?**
- 5. What do you mean by artificial feeding or bottle feeding?**
- 6. What do you mean by weaning ?**
- 7. What do you mean by beikost?**
- 8. What do you mean by mixed feeding?**
- 9. What is Supplementary food?**

**SHORT NOTE 5 MARKS**

- 1. Define weaning and give the schedule for it?**
- 2. List the problem of weaning and explain any one in details.**
- 3. Breast milk is the best milk- Explain**
- 4. Explain : Lactobacillus Bifidus factor.**
- 5. Compare the nutritive value of human milk with**



***cow's milk.***

***LONG QUESTION***

***1. Growth and development during  
infancy?***

***2.Importance of breast feeding?***





3. Importance of Colostrum?
4. Composition of Colostrum?
5. Nutritional requirement of infancy?
6. Advantages of exclusive breast feeding?
7. Basic principle of breast feeding?
8. What do you mean by Baby led weaning?
9. Bottle feeding circumstances under which bottle feeding is to be given?
10. How do you take care and sterilize bottle?
11. How do you prepare of formula food?
12. Write down the difference between artificial feeding and breast feeding ?
13. What do you mean by preterm baby and low birth weight baby? Describe the nourishment method of them?
14. Give the RDA of an Infant.

**CHAPTER 6 : NUTRITION FOR CHILDREN AND ADOLESCENT** SHORT QUESTION 1MARKS

1. Name the low cost recipes of Preschool. **SHORT NOTE**
1. Short note on growth chart.
  2. Explain the Nutritional importance of preschool?
  3. Discuss the factors affecting the nutritional status of children?
  4. Describe the factors to be considered in planning a diet for a preschool?
  5. What re the reason for malnutrition during preschool?
  6. What are the nutritional problem during preschool?
  7. Write a short note on ICDS.
  8. How can you prevent dental problem in children?
  9. How can you modify the food habit of children?
  10. Dietary management of preschool children?
  11. Suggested recipes for school going children?
  12. Give the RDA for preschool children.

- 13. Describe the points to be considered in planning diets for school going children?**
- 14. What are the feeding problem of school going children?**
- 15. Short note on- Packed lunch, School lunch program or Mid day meal program?**
- 16. Importance of breakfast for school goers?**
- 17. Dietary guidelines for School going children?**
- 18. What do you mean by Pica?**
- 19. Give RDA for school going children?**
- 20. Explain the cause of obesity in school going children?**
- 21. What are the problems involved in feeding programs of india.**
- 22. Give the RDA for school going children.**
- 23. Write a note on Anaemia in adolescent.**
- 24. Discuss the common nutrient deficiencies in adolescent.**
- 25. Plan a diet of an adolescent girl suffering from nutritional anaemia.**
- 26. Discuss eating disorder of adolescent girl.**
- 27. Explain malnutrition due to Early marriage?**

#### **LONG QUESTION**

- 1. What do you mean by PEM. Symptoms of different types of PEM. Nutritional requirement of PEM. Describe the Stages of treatment of PEM.**
- 2. Write down the aetiology and clinical of vit A deficiency? Prevention of vitamin A deficiency?**
- 3. Explain the nutritional problem of adolescent girls and boys?**
- 4. Explain Anorexia nervosa and Bulimia.**



