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4 SEM TDC HSCH (CBCS) C 9

2023

(May/June)

HOME SCIENCE

(Core)

Paper : C-9

(Nutrition : A Life Cycle Approach)

Full Marks : 53

Pass Marks : 21

Time : 3 hours

*The figures in the margin indicate full marks
for the questions*

1. Fill in the blanks : 1×4=4

- (a) RDA was revised by expert group of _____ in the year 2010.
- (b) An additional _____ calories are required in first 6 months of lactation.
- (c) Comparatively adolescents need _____ food than the adults.
- (d) During the period of first _____ months after birth, babies do not need any extra food.

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(Turn Over)



(2)

2. Write the full form of the following : $1 \times 4 = 4$
- (a) WHO
 - (b) BMI
 - (c) RDA
 - (d) ICMR
3. What do you understand by the following (any four)? $2 \times 4 = 8$
- (a) Balanced diet
 - (b) Clinical assessment
 - (c) Nutrition
 - (d) Food group
 - (e) Weaning
4. Write short notes on the following (any four) : $5 \times 4 = 20$
- (a) Anthropometric assessment
 - (b) Nutritional requirement during adulthood
 - (c) Healthy food choices for school-going children
 - (d) Dietary requirement of a pre-school children
 - (e) Feeding problems in children with special needs

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(Continued)

(3)

5. Explain the principles of meal planning. 7

Or

What do you mean by dietary assessment?
Write briefly about any three methods of dietary assessment. $1+2+2+2=7$

6. Discuss about the nutritional requirements during pregnancy. Plan a day's menu for a pregnant woman. $7+3=10$

Or

Explain about nutritional considerations during natural and man-made disasters. 10

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