

# PC-2314/M

K-63/2051

DIETETICS-V

(Semester-II)

Time : Three Hours]

[Maximum Marks : 60

**Note :** Attempt *two* questions each from Sections A & B carrying 9 marks each and the entire Section C consisting of 12 short answer type questions carrying 2 marks each.

## SECTION—A

- I. What are food exchange lists? How they are used in planning diets? 9
- II. Define functional foods and explain the antioxidant activity of different foods. 9
- III. (a) Discuss the factors affecting the nutritional status of children.  
(b) Write short note on growth chart.  $4\frac{1}{2}+4\frac{1}{2}=9$

IV. Explain the causes of obesity in school going children. 9

### SECTION—B

V. Give the ICMR allowance for protein, energy and calcium for pregnant women. 9

VI. Bring out the importance of calcium and fiber during old age? 9

VII. Vitamin B<sub>12</sub> is present only in animal sources. How vegetarian meet their requirements? 9

VIII. List any five foods rich in iron and Vitamin C. What is the special advantage of this combination? 6+3=9

### SECTION—C

#### (Compulsory Question)

IX. Write brief answer :

1. Weaning foods.
2. Heart burn.
3. Define PEM.
4. Marasmic Kwashiorkor.
5. Explain Casein.

6. Transition milk.
7. Pernicious anemia.
8. Bulimia nervosa.
9. Iron deficiency anemia.
10. Define obesity.
11. What is Pica?
12. Define reference men and reference women.

12×2=24

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