

MAHATMA GANDHI UNIVERSITY, KOTTAYAM
MGU-UGP(HONOURS)
SECOND SEMESTER PRACTICAL EXAMINATION
(2024 ADMISSION ONWARDS)
MG2DSCFSQ100-FOOD AND NUTRITION

Time: 2 hours Total marks: 35

1. Write down the following: [R] [CO5]

a. Steps in planning a balanced diet

b. Develop a day's menu for an adolescent boy / girl (5X2=10)

2. Calculate BMI using given height and weight of an individual and assess whether the weight is normal [U] [CO5]

(5X1=5)

3. Prepare a weaning/ a nutritious recipe [A] [CO5]

(10X1=10)

4. Viva (5X1=5)

5. Lab report (5X1=5)