



QP CODE: 23104688



23104688

Reg No : .....

Name : .....

**B.Sc DEGREE (CBCS) REGULAR/IMPROVEMENT/REAPPEARANCE  
EXAMINATIONS, FEBRUARY 2023**

**First Semester**

B.Sc Clinical Nutrition and Dietetics Model III

**Core Course - CN1CRT03 - FAMILY MEAL MANAGEMENT I**

2017 Admission Onwards

9796673A

Time: 3 Hours

Max. Marks : 80

**Part A**

*Answer any **ten** questions.*

*Each question carries **2** marks.*

1. What is balanced diet?
2. What is the RDA of a moderate male?
3. Briefly explain the fat gain during pregnancy.
4. Mention any four complications affecting an underweight pregnant woman.
5. How to prevent excessive weight gain during pregnancy?
6. What is GDM?
7. What is the function of prolactin and oxytocin during lactation?
8. Explain Colostrum
9. Explain EBM
10. Why infants need higher energy than adults?
11. What is artificial feeding?
12. What is a hydrolyzed protein formula?

(10×2=20)

**Part B**

*Answer any **six** questions.*

*Each question carries **5** marks.*





13. State ten points to make a diet low cost. Which are the low cost food items available in Kerala?
14. How to make a diet acceptable to children?
15. Write a note on the effect of improper nutrition on the outcomes of pregnancy.
16. Write a note on the energy , protein and fat requirements of a pregnant woman.
17. Briefly explain the various complications faced by pregnant women.
18. Explain galactokinesis and galactopoiesis.
19. What are the dietary requirements of lactating women?
20. Explain galactoceles.
21. What is weaning and explain need for weaning?

(6×5=30)

### **Part C**

*Answer any **two** questions.*

*Each question carries **15** marks.*

22. Mention 25 points to be remembered while planning a menu. Also, note down the age wise restrictions required in the diet.
23. Briefly explain the nutritional and food guidelines while planning a diet for gestation.
24. Write an essay on advantages of breast feeding.
25. Explain family pot feeding, its importance, advantages and points to be considered in safe preparation of weaning foods.

(2×15=30)

