

MAHATMA GANDHI UNIVERSITY, KOTTAYAM

MGU-UGP (HONOURS)

FIFTH SEMESTER EXAMINATION

(2024 ADMISSION ONWARDS)

MG5DSCCND300 – MATERNAL NUTRITION PRACTICAL

Duration: 1 hr

Maximum Marks: 35

1. A 26-year-old sedentary pregnant woman with a pre - pregnancy weight of 55 kg, current weight of 60 kg, height of 160 cm, and in her second trimester has been diagnosed with Gestational Diabetes Mellitus (GDM). Plan a day's menu based on the nutritional requirements for GDM and calculate the nutritive value of the planned diet.

2. A 28-year-old sedentary pregnant woman with a pre -pregnancy body weight of 55 kg and current body weight of 60 and a height of 160 cm, currently in her second trimester, has been diagnosed with iron deficiency anaemia. Plan a day's menu for the patient based on the nutritional requirements for anaemia during pregnancy and calculate the nutritive value of the planned diet.

3. A 24-year-old sedentary pregnant woman with a pre - pregnancy weight of 48 kg, current weight of 55 kg, and height of 162 cm, currently in her second trimester, is underweight based on her pre - pregnancy BMI. Plan a day's menu for the patient according to the nutritional requirements of an underweight pregnant woman and calculate the nutritive value of the planned diet.

4. A 27-year-old sedentary pregnant woman with a pre - pregnancy weight of 60 kg, current weight of 65 kg, and a height of 150 cm, currently in her second trimester, is overweight based on her pre - pregnancy BMI. Plan a day's menu for the patient according to the nutritional requirements of an overweight pregnant woman and calculate the nutritive value of the planned diet.

[Any One - 20 Marks]

[RDA – 3 Marks, Principle of diet - 2 Marks, Planning – 9 Marks , Calculation – 6 Marks]

OR

Develop any nutrient rich recipes for Pregnant woman

- 1) Iron rich Recipe
- 2) Protein rich Recipe
- 3) Calcium rich Recipe
- 4) Fibre rich Recipe
- 5) Calorie rich Recipe

[Any One - 20 Marks] [Recipe-14 Mark, Nutritive Value Calculation - 6 Marks]

Record – 5 Marks

Viva- 10 Marks

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(2024 ADMISSION ONWARDS)

MG5SECCND300 – FOOD WASTE AND BYPRODUCT MANAGEMENT PRACTICAL

Duration: 1 hr

Maximum Marks: 35

1. Develop and prepare a value-added food product utilizing rice bran.

Or

Develop and prepare watermelon rind tutti-frutti as a value-added product from food waste.

Or

Develop and prepare orange peel candy as a value-added product from food waste.

Or

Develop and prepare banana peel halwa as a value-added product from food waste.

Or

Develop and prepare carrot peel jelly as a value-added product from food waste.

Or

Develop and prepare pineapple peel vinegar as a value-added product from food waste.

Or

Develop and prepare banana stem pickle as a value-added product utilizing vegetable food waste.

Or

Develop and prepare raw mango peel juice as a value-added product from food waste.

Or

Develop and prepare pumpkin seed toffee as a value-added product utilizing food by-products.

Or

Develop and prepare any one value-added food product utilizing magaz (melon seed kernel).

[Any One - 20 Marks]

[Recipe – 10 marks, Sensory attributes – 5 marks, Presentation – 5 marks]

2. Record - 5 Marks
3. Viva - 10 Marks