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( February )

HOME SCIENCE

( Honours )

( **Human Nutrition** )

( HS-302 )

Marks : 75

Time : 3 hours

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

Answer any **five** questions

1. (a) Discuss the points to be remembered while introducing weaning foods. Name any two low-cost supplementary foods. 5+2=7
- (b) What is the food guide pyramid? Which food group is at the apex and why? 5+3=8
2. (a) Explain why it is important for a pregnant woman to meet her additional nutritional requirements adequately. 8

- (b) Discuss the use of food exchange list. 4
- (c) Name some food stuffs which are known as galactogogues. 3

3. (a) Explain the nutritional benefits of breast milk. 10
- (b) Describe the disadvantages of artificial feeding. 5

4. (a) What precautions must be exercised in early adulthood in order to ensure a healthy old age? 5
- (b) Describe the nutritional-related problems in old age. 10

5. (a) Explain the reasons for increased energy, protein and calcium requirements in lactation. 3+3+3=9
- (b) What are the points to be considered in planning a packed lunch? Plan a nutritious packed lunch for a school going child. 4+2=6

6. (a) Discuss the nutritional problems of adolescents living on junk food. 5
- (b) Differentiate between bulimia nervosa and anorexia nervosa. 5
- (c) Discuss the various uses of RDA. 5

( 3 )

7. Write short notes on the following :  $5 \times 3 = 15$

(a) ICDS programmes in preventing malnutrition

(b) Role of hormones in milk production

(c) Factors to be considered in menu planning

8. (a) Explain the strategies to inculcate healthy food habits and physical activities among school going children. 7

(b) Name the components of energy requirement. Describe the factors affecting Basal Metabolic Rate.  $2+6=8$

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