

Total No. of Printed Pages—4

5 SEM TDC HSC M 1

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(March)

HOME SCIENCE

(Major)

Course : 501

(Family Nutrition)

Full Marks : 80

Pass Marks : 32/24

Time : 3 hours

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

1. State whether the following statements are True or False : 1×8=8
- (a) In between 1940 and 1944 RDA was set up by ICMR.
- (b) Colostrum is the milk secreted during the 3rd month of childbirth.
- (c) The calorie requirement for both boys and girls up to 9 years remain same.

- (d) Adequate intake of protein reduces muscular cramps of pregnancy.
- (e) Milk is adulterated by addition of starch.
- (f) Agmark Act was enacted by the Government of India in 1937.
- (g) Head circumference is measured by using skinfold calipers.
- (h) WHO was started in the year 1948.

2. What do you understand by the following?

2×8=16

- (a) Balanced Diet
- (b) Applied Nutrition Programme
- (c) ISI
- (d) Weaning
- (e) Nutritional Status
- (f) Community Nutrition
- (g) ICMR
- (h) Food Adulterant

3. Answer the following questions : $5 \times 4 = 20$

(a) Write an explanatory notes on importance of recommended dietary allowances.

(b) Write any five principles of meal planning.

(c) Discuss briefly any two methods used for nutrition education.

(d) Write briefly the dietary requirement of pregnant women.

4. Answer any *two* of the following questions :

(a) Describe any two methods used for assessing nutritional status. $4 + 4 = 8$

(b) Mention four common adulterant and write briefly their ill-effect on health. $2 \times 4 = 8$

(c) What do you understand by toxic chemicals? Describe any two chemical toxicants of external origin. $2 + 3 + 3 = 8$

(4)

5. Write briefly the dietary requirement of an adolescent girl. Plan a menu of an adolescent girl considering her dietary requirement.

5+5=10

Or

What do you understand by meal planning?
Explain any four factors affecting meal planning.

2+8=10

6. Mention any four objectives of community education. Write briefly on the channels of nutrition education of the community. 4+6=10

Or

Write an explanatory note on PFA and FPO.

5+5=10
