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BRAINWARE UNIVERSITY

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Brainware University
398, Ramkrishnapur Road, Barasat
Kolkata, West Bengal-700125

Term End Examination 2025-2026
Programme – B.Sc.(FND)-Hons-2024
Course Name – Nutrition through Life Span
Course Code - BFD30104
(Semester III)

Full Marks : 60 **Time : 2:30 Hours**

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

Group-A

(Multiple Choice Type Question) 1 x 15=15

1. *Choose the correct alternative from the following :*

(i) Which apparatus is used to measure "Energy value of food"?

a) Benedict Roth Respiration Apparatus b) Bomb Calorimeter
c) Spirometer d) Douglas bag

(ii) State the common cause of heartburn during pregnancy.

a) Increased production of stomach acid b) Decreased production of stomach acid
c) Excessive consumption of dairy products d) Excessive consumption of fatty products

(iii) Select the medical term that used to describe a baby born before 37 weeks of gestation.

a) Post-term b) Full-term
c) Preterm d) Late-term

(iv) Choose the correct answer that denotes "LBW Baby".

a) Weight less than 2 kg b) Weight less than 2.8 kg
c) Weight less than 3 kg d) Weight less than 2.5 kg

(v) Select the full form of FTT.

a) Failure to thrive b) Failed to thrive
c) Fear to thrive d) Face to thrive

(vi) Choose the pre-dominant immunoglobulin present in human milk.

a) IgE b) IgD
c) IgG d) IgA

(vii) Identify the benefit of exclusive breastfeeding for the infant.

a) Increased risk of infections b) Reduced risk of allergies and asthma
c) Slower growth and development d) Higher risk of malnutrition

(viii) What is meconium?

a) A type of maternal antibody transferred to the fetus b) The first stool passed by a newborn

c) A protein found in breast milk
d) A hormone produced during pregnancy

(ix) Identify the bacteria responsible for the diarrhoea in infants.

a) Adenovirus
b) Rotavirus
c) Escherichia coli
d) Giardia Lambia

(x) What is the term for the progressive loss of bone density and strength, often associated with aging?

a) Osteoarthritis
b) Osteoporosis
c) Rheumatoid Arthritis
d) Sarcopenia

(xi) Select the Full form of ICDS

a) Indian Child Development System
b) Integrated Child Development Services
c) International Children's Development Scheme
d) Institute for Child Development and Safety

(xii) Identify the cause of PEM happening in toddlers.

a) Excessive protein intake
b) Overeating
c) Insufficient protein and calorie intake
d) Vitamin overdose

(xiii) Identify the age group of school children.

a) 5-10 years
b) 6-12 years
c) 8-10 years
d) 4-6 years

(xiv) Which of the following is a symptom of vitamin A deficiency in preschool and school-going children?

a) Night blindness
b) Scurvy
c) Anaemia
d) Diarrhoea

(xv) Name the nutrient that is important for brain development and cognitive function in preschool children.

a) Vitamin C
b) Omega 3 fatty acids
c) Calcium
d) Vitamin E

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Group-B

(Short Answer Type Questions) 3 x 5=15

2. Define the term "Reference woman" (3)
3. Write down a short note on- Adolescent Pregnancy. (3)
4. Explain the term "Let Down Reflex". (3)
5. Write down a short note on ICDS. (3)
6. Write down any two nutritional problems found in school going children. (3)

OR

Write down the objectives of school lunch programmes. (3)

Group-C

(Long Answer Type Questions) 5 x 6=30

7. Describe the factors affecting BMR. (5)
8. Write down any four complications during pregnancy. (5)
9. Explain the role of prolactin & oxytocin in lactation. (5)
10. Describe a short note on "Anorexia Nervosa". (5)
11. Express the programmed theories of ageing. (5)
12. Express three nutritional problems occurring in pre-school children. (5)

OR

Express the dietary guidelines for elderly person. (5)

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