



BRAINWARE UNIVERSITY

Term End Examination 2023-2024

Programme – B.Sc.(FND)-Hons-2022

Course Name – Nutrition through Life Span

Course Code - BFNC302

(Semester III)

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Baraat, Kolkata - 700125

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) Choose the age should solid foods begin to replace breast milk or formula as the primary source of nutrition for most infants ?
- | | |
|---------------|-----------------|
| a) 2-3 months | b) 4-6 months |
| c) 7-9 months | d) 10-12 months |
- (ii) Identify the age should most infants begin to be introduced to solid foods ?
- | | |
|-------------|--------------|
| a) 1 month | b) 3 months |
| c) 6 months | d) 12 months |
- (iii) Write down the key advantage of baby-led weaning ?
- | | |
|---|-------------------------------------|
| a) Greater control over the infant's food intake | b) Faster transition to solid foods |
| c) Development of fine motor skills and self-regulation | d) Reduced risk of allergies |
- (iv) Determine the reason caregivers prioritize when introducing bottle feeding as part of weaning ?
- | | |
|---|---|
| a) Gradual transition to exclusively bottle-fed weaning | b) Ensuring the infant consumes solid foods first |
| c) Monitoring infant weight gain closely | d) Eliminating all solid foods from the diet |
- (v) Explain colostrum ?
- | | |
|---|--|
| a) A type of infant formula | b) A sweet, flavored water given to newborns |
| c) The first milk produced by the mother after childbirth | d) A fruit juice recommended for breastfeeding mothers |
- (vi) Write down the role of prolactin in breastfeeding ?
- | | |
|--|--------------------------------------|
| a) It stimulates milk ejection or let-down | b) It causes nipple soreness |
| c) It reduces maternal stress levels | d) It has no impact on breastfeeding |
- (vii) Choose the primary goal in the initial management of a pre-term infant with respiratory distress syndrome (RDS) ?

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- a) Encourage immediate breastfeeding
b) Administer antibiotics
c) Provide respiratory support and surfactant therapy
d) Start solid food introduction
- (viii) How is the nutritional needs of a low birth weight baby typically met?
a) Exclusive breastfeeding
b) High-calorie infant formula
c) Regular infant formula
d) Introduction of solid foods
- (ix) State the professional who is typically responsible for coordinating the overall care of elderly patients.
a) Geriatrician
b) Dermatologist
c) Ophthalmologist
d) Cardiologist
- (x) Name the theory that suggests that social activity and engagement are essential for healthy aging ..
a) Oxidative Theory
b) Activity Theory
c) Continuity Theory
d) Selective Optimization with Compensation (SOC) Theory
- (xi) What is the primary role of a dietitian ?
a) Prescribing medications for various health conditions
b) Creating personalized nutrition plans and providing dietary guidance
c) Conducting surgical procedures for weight loss
d) Administering physical therapy sessions
- (xii) Which nutrient is essential for cognitive development in preschool children and is commonly found in fish, walnuts, and flaxseeds ?
a) Vitamin C
b) Vitamin D
c) Omega-3 fatty acids
d) Fiber
- (xiii) Show the nutrients often requires supplementation during pregnancy to meet increased needs ?
a) Vitamin D
b) Sodium
c) Vitamin C
d) Sugars
- (xiv) Identify the nutrient deficiency during pregnancy can lead to anemia, fatigue, and decreased oxygen-carrying capacity ?
a) Folic acid
b) Protein
c) Iron
d) Calcium
- (xv) Show insufficient protein intake during pregnancy can result in :
a) Birth defects
b) Gestational diabetes
c) Low birth weight and poor fetal growth
d) High blood pressure

Group-B

(Short Answer Type Questions)

3 x 5=15

2. Explain how is the growth and development of pre-term infants monitored during their NICU stay? What are some potential long-term challenges that pre-term and low birth weight infants may face as they grow? (3)
3. Discuss the "Wear and Tear" theories of ageing. (3)
4. How does colostrum differ from mature breast milk? (3)
5. What role does colostrum play in establishing the infant's gut health, and how should it be fed to a newborn? (3)
6. Explain why proper nutrition is important for adolescents? What are some common nutritional concerns for adolescents? How does nutrient requirement change during adolescence, especially in comparison to childhood? (3)

OR

Explain some common nutritional concerns for preschool children, and why are they important to address? How can parents and caregivers encourage preschool children to eat a variety of foods and avoid becoming picky eaters? (3)

Group-C
(Long Answer Type Questions)

5 x 6=30

7. What is breast milk and artificial feeding? What are the differences? (5)
8. Explain the Recommended Dietary Allowance (RDA), and how does it apply to preschool children? What are some key nutrients that preschool children need for growth and development? How do energy needs for preschool children differ from those of adults, and why? (5)
9. Illustrate the principles of meal planning. (5)
10. What are galactagogues, and how do they work? (5)
11. Explain the programmed theories of ageing? (5)
12. Express the role of nutrition in a child's growth and development? How does malnutrition impact a child's growth and development? (5)

OR

Express the nutritional guidelines for pre-school children differ from those for adults? (5)
What are some key nutrients of concern in the nutritional guidelines for pre-school children, and why are they important?

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