BRAINWARE UNIVERSITY

Term End Examination 2023-2024
Programme – B.Sc.(FND)-Hons-2023
Course Name – Nutrition Through Life Span
Course Code - BFD20107
(Semester II)

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
c) Spirometer

b) Bomb Calorimeter
d) Douglas bag

(ii) State "Pica" during pregnancy.

a) A condition characterized by excessive weight gain during pregnancy
c) A condition characterized by excessive sleepiness during pregnancy

b) A craving for non-food items such as dirt or clay
d) A condition characterized by swelling of the ankles and feet during pregnancy

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

a) Post-term
c) Preterm

b) Full-term
d) Late-term

(iv) Identify the energy requirement for a pregnant woman doing sedentary work.

a) 1800+350 Kcal
c) 2200+350 Kcal

b) 1600+350 Kcal
d) 2130+350 Kcal

(v) Select the full form of GOR.

a) Gastro Oesophagial Reflux
c) Gastro Oral Reflux

b) Gas Oil Ratio
d) Gastro Oesophagial Response

(vi) What is meconium?

a) A type of maternal antibody transferred to the fetus
c) A protein found in breast milk

b) The first stool passed by a newborn
d) A hormone produced during pregnancy

(vii) Identify common symptom of Gastroesophageal Reflux (GOR) in infants.

a) Delayed speech development   b) Increased sleep duration
c) Decreased diaper changes   d) Frequent vomiting or regurgitation

(viii) Write down the nutrient that is particularly important for maintaining bone health in older adults.

    a) Protein   b) Vitamin A
    c) Calcium   d) Iron

(ix) Which of the following is a common herbal galactagogue?

    a) Ibuprofen   b) Oxytocin
    c) Fenugreek   d) Caffeine

(x) Identify the age group of pre-school children.

    a) 5-7 years   b) 4-6 years
    c) 10-12 years   d) 1-3 years

(xi) Choose the ideal body weight of Indian Reference Woman.

    a) 50   b) 55
    c) 65   d) 75

(xii) Write down the term used to describe the first occurrence of menstruation in girls.

    a) Menarche   b) Menopause
    c) Ovulation   d) Fertilization

(xiii) Which of the following is a potential consequence of bulimia nervosa in adolescents?

    a) Increased bone density   b) Dental erosion
    c) Growth spurt   d) Increased self-esteem

(xiv) Write down the full form of NIN.

    a) National Institute of Nutrition   b) National Institute of Neuroscience
    c) National Institute of Networking   d) National Integration Network

(xv) What is sarcopenia that is observed in old people?

    a) A type of arthritis   b) Loss of muscle mass and strength associated with aging
    c) A skin disorder common in elderly   d) A cognitive impairment disorder

Group-B
(Short Answer Type Questions)   3 x 5=15

2. Discuss two advantages & two disadvantages of artificial feeding.   (3)
3. Write down a short note on "Morning Sickness and Hemorrhoids during pregnancy"   (3)
4. State the term "Basal Metabolic Rate".   (3)
5. Write down the classification of old age.   (3)
6. Explain the three key benefits of colostrum in newborn nutrition and development.   (3)

OR

Differentiate between ageing and senescence.   (3)

Group-C
(Long Answer Type Questions)   5 x 6=30

7. Write down the factors affecting BMR.   (5)
8. Discuss different physiological changes during pregnancy.   (5)
9. Describe different types of supplementary foods given as weaning foods to infants.   (5)
10. Describe three nutritional problems occurring in pre-school children.   (5)
11. Explain the services given by antenatal care for a pregnant woman.   (5)

12. Explain the physiological changes seen in adolescent boys and girls. (5)

OR

Explain three nutrition related problems of adolescents. (5)

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