


Name:	
Enrolment No:	

UNIVERSITY OF PETROLEUM AND ENERGY STUDIES
 End Semester Examination, May 2023

Course: Nutrition through the lifecycle	Semester : II
Program: M.Sc. Nutrition & Dietetics	Duration : 3 Hours
Course Code: HSND7009P	Max. Marks : 100

Instructions:

Section A			
S. No.	Short answer questions/ MCQ/T&F (18Qx1.5M + 1Qx3M = 30 Marks)	Marks	COs
Q1	What is a balanced diet?	1.5	CO1
Q2	What is the importance of breast milk for a newborn infant?	1.5	CO2
Q3	On complete oxidation, fat provide ___ kcal of energy to human body.	1.5	CO1
Q4	After implantation, the _____ develops and begins to provide nourishment to the developing embryo.	1.5	CO1
Q5	State whether the statement is TRUE or FALSE. By the end of pregnancy, there is an increase in blood volume and decrease in hemoglobin concentration to enable the circulation of larger amounts of blood.	1.5	CO2
Q6	Increased protein is necessary in pregnancy for a. preventing gestational diabetes b. sparing carbohydrates for energy needs c. growing maternal tissues d. preventing pre-eclampsia	1.5	CO2
Q7	What is colostrum?	1.5	CO1
Q8	This nutrient, _____ is necessary to fuel the fetal brain and to ensure that the protein needed for growth will not be broken down and used to make glucose.	1.5	CO3
Q9	What is neural tube defect?	1.5	CO2
Q10	With the increase in length of infants, the proportion of _____ changes with the length of body.	1.5	CO1
Q11	Health authorities recommend that solid food should be given to the infant, at what age? a. 3 to 4 months b. 1 month c. 2 months d. 6 months	1.5	CO3

Q12	The food needs of children are so great in proportion to the size of their digestive tracts that it becomes important to: a. avoid liquids until after meals. b. serve only highly concentrated foods. c. provide megadose vitamin supplements. d. serve snacks in addition to meals.	1.5	CO3
Q13	One sign that babies are developmentally ready for solid foods is that they _____. a. are 3 months old. b. can control head movements. c. can use gross and fine muscles. d. have more than 6 wet diapers per day	1.5	CO4
Q14	To maintain a desirable iron status, breastfed infants should receive iron supplementation. State whether the statement is true or false and provide reason for the answer. a. true b. false	1.5	CO4
Q15	Arunima, a 7-year-old girl, refuses to eat breakfast before school. He doesn't like cereal, toast, or any of the other usual, conventional breakfast foods. What can Arunima's parents do to ensure that he eats nutritious foods before leaving for school?	3	CO4
Q16	This nutrient, _____ compete with iron during intestinal absorption.	1.5	CO3
Q17	The rate at which one progress towards ageing is determined _____. a. by heredity, lifestyle choices, and environment b. mostly by heredity, education level, and access to health care c. mostly by lifestyle, diet quality, and environment d. mostly by diet quality and exercise pattern e. by heredity only	1.5	CO1
Q18	Physical and physiological changes associated with usual aging include _____. a. increasing body fatness b. decreasing lean body mass c. rising blood pressure d. declining bone mass e. all the above	1.5	CO1
Q19	During adulthood, nutrients are used primarily for growth and development of the body. a. true b. false	1.5	CO2
Section B (4Qx5M=20 Marks)			
Q1	What is the preconception period, and why is it important for maternal and fetal nutrition?	5	CO1
Q2	Evaluate the role of maternal status of protein and calcium in fetal development.	5	CO3

Q3	List the characteristics of adolescent age and explain some of the eating disorders that may arise during adolescence.	5	CO2
Q4	Discuss the manufacture and secretion of hormones involved in milk production and release of milk from the mammary glands.	5	CO1
Section C (2Qx15M=30 Marks)			
Q1	a. Discuss the characteristics of school-age children and their nutritional implications. 7.5 marks b. How can packed lunches and supplementary foods meet the nutritional needs of school-aged children? Explain using appropriate examples. 7.5 marks	15	CO4
Q2	a. Discuss the nutritional benefits of breast milk and breastfeeding for a newborn infant. b. List and explain some of the common barriers that may prevent mothers from breastfeeding, and how can they be addressed? c. Discuss some of the facilitators to breastfeeding, and how can they be promoted to encourage more mothers to breastfeed.	15 (5marks× 3)	CO2
Section D (2Qx10M=20 Marks)			
Q1	List and explain some of the degenerative changes associated with old age, and how can they be prevented through proper nutrition?	10	CO3
Q2	Ekta is 16 years old and is completing her school. Her parents want her to marry early. As a public health nutritionist, make them aware of the physiological changes that occur during menarche and significance of understanding and supporting girls throughout menarche as a public health dietitian.	10	CO4