

FYUGP/5th Sem/25(NEP)

2025

Four Year Under Graduate Programme (FYUGP)

5th Semester Examination (Under NEP)

(Session 2023-24)

FOOD AND NUTRITION (Major)

Paper Code : FNTMJ MC-08

(Nutrition in Human Life Stages)

Full Marks : 30

Time : Two Hours

The figures in the margin indicate full marks.

*Candidates are required to give their answers
in their own words as far as practicable.*

1. Answer any *four* questions : $2 \times 4 = 8$

(a) Write two physiological changes that occur during pregnancy.

(b) State two significances of supplementary foods.

(c) What dietary modifications do you suggest in the diet plan for a geriatric person?

(d) Name any two eating disorders and two nutritional problems in adolescents.

(e) What is pica?

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(2)

(f) Define oxidative stress. Name any two anti-oxidative nutrients.

2. Answer any *three* questions : $4 \times 3 = 12$

- (a) "Human milk is more nutritionally beneficial to an infant compared to cow's milk." Briefly discuss.
- (b) Explain hydration in endurance performance of athletes.
- (c) Give reasons of the increased requirement of energy and protein for a lactogenic woman.
- (d) Describe the role of anti-oxidative nutrients for preventing aging.
- (e) Briefly describe the nutritional requirements during early childhood.
- (f) Write down the specific nutritional challenges and the dietary principles for the nutritional management of a preterm baby. $2+2$

3. Answer any *one* question : $10 \times 1 = 10$

- (a) Define weaning. Explain the need for introducing weaning foods to an infant's diet. Describe the importance of packed lunch for school going children. $2+4+4$
- (b) Explain comprehensive meal plan for an endurance athlete, explaining the timing of nutrients consumption. Write down the process of carbohydrate loading and its effect on athletic performance. $6+4$