

Roll No. _____

**Model Paper “Nutrition in the Life Cycle” (Second Year)
Diploma in Nutrition Sciences & Hygiene (02 Year Course)
For Annual Examination 2023 & Onwards (DNSH)**

Marks: 10

TIME: 15 Minutes

OBJECTIVE

Note: This part is compulsory. It should be attempted on the paper & returned to the staff & after the prescribed time. Use of ink remover, Lead Pencil, cutting or over writing is not allowed.

Q. Choose & encircle the correct answer. **(10x1)=10**

1. How many kcals are Increased in 2 trimester of pregnancy?
 - a. 552 kcals
 - b. 340 kcals
 - c. 470 kcals
 - d. 510 kcals
2. What is protein requirement in pregnancy?
 - a. 60 gram per day
 - b. 45 gram per day
 - c. 25 gram per day
 - d. 30 gram per day
3. Which vitamin is most important for Spinal Cord Development?
 - a. B12
 - b. B2
 - c. B9
 - d. B7
4. How many kcals are increased during Lactation for first the six months?
 - a. 330 kcals
 - b. 552 kcals
 - c. 330 kcals
 - d. 400 kcals
5. Infants lose approximately — % of their body weight during first few days of their life
 - a. 7%
 - b. 9 %
 - c. 11 %
 - d. 12 %
6. Stomach capacity of infant increases from a range of 10-20 ml at birth to ___ ml by one year
 - a. 100 ml
 - b. 200ml
 - c. 300 ml
 - d. 400 ml

7. Excessive Fluoride may cause _
- Dental fluorosis
 - Oral cavity
 - Tooth Decay
 - Impacted Tooth
8. At what Age Vegetables are introduced to an infant
- 4-6
 - 6-8
 - 9-12
 - 1 year
9. Good source of vitamin D include all except:
- Blueberries
 - Sunlight
 - Salmon, tuna sardines and mackerel
 - Fortified milk and other dairy products
10. A deficiency of vitamin C in the diet causes:
- Osteopenia
 - Beri-Beri
 - Protein malnutrition
 - Scurvy

**Model Paper “Nutrition in the Life Cycle” (Second Year)
Diploma in Nutrition Sciences & Hygiene (02 Year Course)
For Annual Examination 2023 & Onwards**

Marks: 40

Time: 2 Hrs

**SUBJECTIVE
SECTION-1**

Q.1 Write short answer to any twelve (12) from the following questions. (12x2)=24

- i. Define Embryo?
- ii. Define umbilical cord?
- iii. What are the Potential risk factors for the development of Birth Defects?
- iv. Enlist four Healthy Sources of lipids which are safe to consume during Pregnancy?
- v. What are the Benefits of Breast Feeding?
- vi. What is the Composition of Colostrum?
- vii. What are common Galactagogues?
- viii. What are the causes of Low Milk Supply?
- ix. What is Protein requirement for Infants?
- x. What are the symptoms of B12 deficiency in Infants?
- xi. Difference between the composition of Human and Cow Milk?
- xii. Write short note on early childhood Caries?
- xiii. Give the directions for home preparation of the infant food?
- xiv. What is an ideal serving size of the food of an Infant?
- xv. What is the contribution of optimal Nutrition in early childhood Development?
- xvi. Enlist the factors influencing the food intake of Children?
- xvii. What are the Guidelines for feeding school-age children?
- xviii. What are the factors that affect the psychosocial development in Adolescence?

SECTION-II

Note: Attempt any two (02) questions.

(8x2=16)

Q2. What are stages of Milk Composition? Describe in detail the composition of milk in each Stage?

Q3. What are the Macro and Micro Nutrient Requirements during Pregnancy?

Q4. Explain in detail the changes in physiological functions during aging?