[LF 1014] **OCTOBER 2014** **Sub. Code: 1311**

M.Sc. (CLINICAL NUTRITION) DEGREE EXAMINATION

(From 2012-2014 Batch onwards)

SECOND YEAR

PAPER I – APPLIED NUTRITION

Q.P. Code: 281311

Time: Three Hours **Maximum: 100 marks**

Answer ALL questions

I. Elaborate on: **(2 x 20 = 40)**

1. Nutritional requirement for adolescents.
2. Factors affecting food choices.

II. Write Short notes on: **(10 x 6 = 60)**

1. Nutritional problems of preschoolers
2. Dietary modification for elderly
3. Feeding patterns of 0 to 6 months infants
4. Techniques for measuring body composition for elderly
5. Classification of functional foods
6. Plan a menu for sedentary women
7. Importance of human milk for infant growth and development
8. Malnutrition and its effect on pregnant and lactating women
9. Nutrient requirements during emergencies
10. Special concerns during breast feeding

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[LH 0415] **OCTOBER 2015** **Sub. Code: 1311**

M.Sc. (CLINICAL NUTRITION) DEGREE EXAMINATION

(From 2012-2014 Batch onwards)

SECOND YEAR

PAPER I – APPLIED NUTRITION

Q.P. Code: 281311

Time: Three Hours **Maximum: 100 marks**

Answer ALL questions

I. Elaborate on: **(2 x 20 = 40)**

1. Physiological changes during pregnancy.
2. Nutritional requirement of infants.

II. Write Short notes on: **(10 x 6 = 60)**

1. Steps in the development of exchange list.
2. Plan a low cost menu.
3. Dietary management for lactating women.
4. Feeding patterns of 6-12 months infants.
5. Dietary guidelines for adolescents.
6. Techniques for measuring body composition for elderly.
7. Any three fitness tests.
8. Major nutritional deficiency diseases in emergencies.
9. Role of nutraceuticals in health and disease.
10. Classification of functional foods.

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[LJ 1016] OCTOBER 2016 **Sub. Code: 1311**

M.Sc. CLINICAL NUTRITION EXAMS
SECOND YEAR
PAPER I – APPLIED NUTRITION

Q.P. Code : 281311

Time : Three hours **Maximum : 100 Marks**

I. Elaborate on: **(2 x 20 = 40)**

1. Discuss maternal nutrition and foetal outcome.
2. Role of specific nutrients in controlling gene expression.

II. Write notes on: **(10 x 6 = 60)**

1. Nutritional factors that affect food choices.
2. Nutritional needs during pregnancy.
3. Feeding 6 -12 months infants.
4. Problems of older children and adolescent nutrition.
5. Physiological changes associated with old age.
6. Various techniques for measuring body composition.
7. Major nutritional deficiency diseases in emergencies.
8. Classification of functional foods.
9. Hormonal profile in pregnancy.
10. Plan a menu for a sedentary woman.

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[LL 1017] OCTOBER 2017 **Sub. Code: 1311**

M.Sc. CLINICAL NUTRITION EXAMS
SECOND YEAR
PAPER I – APPLIED NUTRITION

Q.P. Code : 281311

Time : Three hours **Maximum : 100 Marks**

I. Elaborate on: **(2 x 20 = 40)**

1. Role of functional foods in health and disease.

2. Diet and feeding patterns of 0 to 12 months infants.

II. Write notes on: **(10 x 6 = 60)**

1. Rationale for menu planning.
2. Advantages of breast milk.
3. Effect of maternal nutrition on feotal outcome.
4. Nutritional problems for preschoolers.
5. Dietary guidelines for adolescents.
6. Techniques for measuring body composition for elderly.
7. Nutritional requirement in hot environment.
8. Different types of space foods.
9. Classification of functional foods.
10. Exchange list and food composition table.

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[LN 1018] OCTOBER 2018 **Sub. Code: 1311**

M.Sc. CLINICAL NUTRITION EXAMS
SECOND YEAR
PAPER I – APPLIED NUTRITION

Q.P. Code : 281311

Time : Three hours **Maximum : 100 Marks**

I. Elaborate on: **(2 x 20 = 40)**

1. Discuss the nutrient requirements, dietary modifications and guidelines for elderly.

2. Explain menu planning and factors affecting the food choices.

II. Write notes on: **(10 x 6 = 60)**

1. What are the nutritional assessment and guidelines to be followed in prenatal care?
2. Explain the dietary management and other concerns to be followed during breast feeding.
3. What are the dietary guidelines of school children and adolescents?
4. Write down the nutrient requirements and RDA for infants.
5. Discuss about the sexual maturity and psycho-social change in adolescence
6. Discuss the nutrient requirements in high altitudes.
7. Explain the parameters of fitness.
8. Describe about the space food systems.
9. Discuss the role of neutraceuticals on human health.
10. What are the major nutritional deficiency diseases in emergencies?

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[LP 1019] OCTOBER 2019 **Sub. Code: 1311**

M.Sc. CLINICAL NUTRITION EXAMS
SECOND YEAR
PAPER I – APPLIED NUTRITION

Q.P. Code : 281311

Time : Three hours **Maximum : 100 Marks**

I. Elaborate on: **(2 x 20 = 40)**

1. What are high risk pregnancies? Explain the dietary management of high risk pregnancies.

2. Explain the nutritional, dietary needs, RDA and problems of adolescent nutrition.

II. Write notes on: **(10 x 6 = 60)**

1. Write the physiology of lactation.
2. Diet and feeding pattern of preschool children.
3. Problems of Infant nutrition.
4. Major nutritional deficiency diseases in emergencies.
5. What are nutraceuticals? Explain the importance of nutraceuticals in relationship to health.
6. Nutritional considerations during drought.
7. Health Hazards associated with high altitude.
8. Dietary recommendations for sports people.
9. Explain growth and development of preschool children related to nutrition.
10. Explain in detail on gene expression.

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THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0321] **MARCH 2021** **Sub. Code: 1311**

(OCTOBER 2020 EXAM SESSION)

M.Sc. CLINICAL NUTRITION

SECOND YEAR (From 2012-2014 onwards)

PAPER I – APPLIED NUTRITION

Q.P. Code : 281311

Time: Three hours **Answer ALL Questions** **Maximum: 100 Marks**

I. Elaborate on: **(2 x 20 = 40)**

1. Physiological changes during pregnancy.
2. Nutritional requirement for adolescents.

II. Write notes on: **(10 x 6 = 60)**

1. Different types of space food.
2. Plan a low cost menu.
3. Nutritional problems for preschoolers.
4. Various techniques for measuring body composition.
5. Dietary recommendations for sports people.
6. Explain in detail on gene expression.
7. Importance of human milk for infant growth and development.
8. Health hazards associated with high altitude.
9. Physiological changes associated with old age.
10. Nutritional factors that affect food choices.

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THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0122] **JANUARY 2022** **Sub. Code: 1311**
(OCTOBER 2021 EXAM SESSION)

M.Sc. CLINICAL NUTRITION
SECOND YEAR (From 2012-2014 onwards)
PAPER I – APPLIED NUTRITION
Q.P. Code : 281311

Time: Three hours **Answer ALL Questions** **Maximum: 100 Marks**

I. Elaborate on: **(2 x 20 = 40)**

1. Factors affecting Food choices.
2. Role of specific nutrients in controlling Gene expression.

II. Write notes on: **(10 x 6 = 60)**

1. Advantages of breast milk.
2. What are nutraceuticals? Explain the importance of nutraceuticals in relationship to health.
3. Explain any three fitness test.
4. Classification of functional foods.
5. Dietary management for lactating women.
6. Steps in the development of exchange list.
7. Hormonal profile in pregnancy.
8. Major nutritional deficiency diseases in emergencies.
9. Plain a menu for an adolescent girl.
10. Feeding of 6-12 months infants.

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THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 1022] **OCTOBER 2022** **Sub. Code: 1311**

M.Sc. CLINICAL NUTRITION
SECOND YEAR (From 2012-2013 & 2020-2021 onwards)
PAPER I – APPLIED NUTRITION

Q.P. Code : 281311

Time: Three hours **Answer ALL Questions** **Maximum: 100 Marks**

I. Elaborate on: **(2 x 20 = 40)**

1. Elaborate on food groups and the principles of menu planning.

2. Describe nutritional needs during pregnancy and plan a day's diet.

II. Write notes on: **(10 x 6 = 60)**

1. Factors determining RDA.
2. Types of supplementary foods.
3. Nutritional problems during old age.
4. Carbohydrate loading.
5. Role of ICDS in alleviating malnutrition.
6. Nutritional requirements of lactating mother.
7. Any two nutritional problems of adolescents.
8. Points to be considered in planning packed lunch for school children.
9. Functional foods.
10. Food exchange lists and its importance.

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THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 1023] **OCTOBER 2023** **Sub. Code: 1311**

M.Sc. CLINICAL NUTRITION
SECOND YEAR (From 2020-2021 onwards)
PAPER I – APPLIED NUTRITION

Q.P. Code: 281311

Time: Three hours **Answer ALL Questions** **Maximum: 100 Marks**

I. Elaborate on: **(2 x 20 = 40)**

1. Elaborate on common nutritional problems during adolescence.

2. Describe nutritional needs during lactation and plan a day's diet.

II. Write notes on: **(10 x 6 = 60)**

1. Points to be considered in planning a diet.
2. Problems during weaning.
3. Nutritional requirements of school children.
4. Pre-event meals.
5. Modification of diet during old age.
6. Nutritional requirements of pregnant mother.
7. Balanced diet and five food groups.
8. Dietary guidelines to be considered in planning diet for pre-school children.
9. Nutraceuticals.
10. Dietary management of vitamin A deficiency.

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