

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

[AHS 0321]

MARCH 2021

Sub. Code: 3015

(AUGUST 2020 EXAM SESSION)

B.Sc. CLINICAL NUTRITION

SECOND YEAR (Regulation 2018-2019)

PAPER V – FAMILY MEAL MANAGEMENT

Q.P. Code : 803015

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Physiological stages of pregnancy and nutrition related complications in pregnancy.
2. Write about geriatric nutrition and nutritional problem in old age.
3. Physiology of lactation and nutrient requirement.

II. Write notes on:

(8 x 5 = 40)

1. Weaning food.
2. Plan a whole day menu for pre -school child.
3. Principles of planning menu.
4. Explain food groups and nutrients from each group.
5. Explain supplementary foods.
6. What do you mean by diet therapy.
7. Write a short note on balanced diet.
8. What are the nutrition related problems in adolescents.

III. Short answers on:

(10 x 3 = 30)

1. Food faddism and faulty food habits.
2. Benefits of breast feeding.
3. Write a note on school lunch programme.
4. What are factors affecting the nutrition of geriatric.
5. Toddlers nutritional requirement.
6. Write a note on formula feeds and drawbacks.
7. Write in brief about packed lunch.
8. Nutritional requirement of school going children.
9. Write a note on anemia in adolescents.
10. Factors affecting the growth of pre schooler.

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

[AHS 0222]

**FEBRUARY 2022
(AUGUST 2021 EXAM SESSION)**

Sub. Code: 3015

**B.Sc. CLINICAL NUTRITION
SECOND YEAR (Regulation 2018-2019)
PAPER V – FAMILY MEAL MANAGEMENT
*Q.P. Code : 803015***

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Anemia and obesity in adolescents.
2. Write a note on nutrition during pregnancy.
3. Principles of growth and development of pre schoolers.

II. Write notes on:

(8 x 5 = 40)

1. Write a note on physiological stages of pregnancy.
2. Write a brief note on school lunch programme.
3. Write a note on supplementary foods.
4. Define reference man and woman, give RDA for a male and female agriculture labour.
5. Write a note on physiology and management of lactation.
6. Nutritional requirement in infancy.
7. What are the factors affecting the nutrition in old age.
8. Nutrition during lactation.

III. Short answers on:

(10 x 3 = 30)

1. Principles of planning menu
2. Food faddism and faulty food habits.
3. Explain briefly on food groups
4. What is diet therapy.
5. Indian meal patterns – Vegetarian.
6. Benefits of breast feeding.
7. Complications of pregnancy
8. Factors influencing food intake of a child
9. What is formula feed
10. Importance of iron and folic acid in pregnancy.

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

[AHS 0423]

APRIL 2023

Sub. Code: 3015

**B.Sc. CLINICAL NUTRITION
SECOND YEAR - (Regulation 2018-2019 onwards)
PAPER V – FAMILY MEAL MANAGEMENT
Q.P. Code: 803015**

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on: (3 x 10 = 30)

1. Plan a menu for a Lactating Woman.
2. Discuss the Growth and Development during Infancy.
3. Nutritional requirements during Adulthood.

II. Write notes on: (8 x 5 = 40)

1. Food guide.
2. Vegetarian Indian meal pattern.
3. Food selection during pregnancy.
4. Food choices during adolescence.
5. Plan a recipe for packed lunch.
6. Nutrition related problems for elderly person.
7. Feeding patterns of preschoolers.
8. Meal planning.

III. Short answers on: (10 x 3 = 30)

1. Food groups.
2. Diseases caused by stress.
3. Soft diet.
4. Colostrum.
5. Weaning foods.
6. Pica.
7. Signs of vitamin A deficiency.
8. Food faddism.
9. Pregnancy induced hypertension.
10. Low birth weight baby.

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

[AHS 1123]

NOVEMBER 2023

Sub. Code: 3015

**B.Sc. CLINICAL NUTRITION
SECOND YEAR - (Regulation 2018-2019 onwards)
PAPER V – FAMILY MEAL MANAGEMENT
*Q.P. Code: 803015***

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Indian Meal Patterns.
2. Nutritional requirements of a Pregnant Woman.
3. Plan a menu for an Elderly Person.

II. Write notes on:

(8 x 5 = 40)

1. Basic Five Food Groups.
2. Faulty food habits.
3. Physiological changes during Pregnancy.
4. Advantages of Breastfeeding.
5. Feeding pattern of preschoolers.
6. Importance of snacks for School Children.
7. Diet therapy.
8. Feeding pattern of an Adult.

III. Short answers on:

(10 x 3 = 30)

1. Balanced diet.
2. Food faddism.
3. Gestational diabetes mellitus.
4. Supplementary foods.
5. Recommended Dietary allowances for School going Children.
6. Anorexia nervosa.
7. School lunch.
8. Night blindness.
9. Heart burn.
10. Geriatric nutrition.

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

[AHS 0424]

APRIL 2024

Sub. Code: 3015

**B.Sc. CLINICAL NUTRITION
SECOND YEAR - (Regulation 2018-2019 onwards)
PAPER V – FAMILY MEAL MANAGEMENT
Q.P. Code: 803015**

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on: (3 x 10 = 30)

1. Physiology of lactation and nutrient requirements during lactation.
2. Nutrition requirement, feeding pattern and Nutrition related problems during Early Childhood.
3. Importance of nutrition during adolescence and factors influencing in achieving the needs.

II. Write notes on: (8 x 5 = 40)

1. Physiological stages of Pregnancy.
2. Factors affecting food intake and nutrition related problem in Geriatric population.
3. Diet therapy.
4. Food faddism and faulty food habits.
5. Principles of Meal Planning for the Family.
6. Role of school lunch on nutrition of school children.
7. Supplementary foods and its types.
8. Indian meal pattern – vegetarian and non-vegetarian.

III. Short answers on: (10 x 3 = 30)

1. What is Balanced diet?
2. What is formula feed?
3. Factor affecting the growth of Pre-schoolers.
4. Importance of planning of Balanced diet.
5. Food selection during pregnancy.
6. Contribution of snacks for nutrition of School children.
7. Nutritional requirement during adulthood.
8. Food groups.
9. What is Recommended Dietary Allowances?
10. What is Anorexia Nervosa?

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

[AHS 1125]

NOVEMBER 2025

Sub. Code: 3015

B.Sc. CLINICAL NUTRITION
SECOND YEAR - (Regulation 2018-2019 onwards)
PAPER V – FAMILY MEAL MANAGEMENT
Q.P. Code: 803015

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Discuss the physiological and psychological changes and feeding patterns of Elderly.
2. Enlist the feeding problems of preschool, school going and adolescents.
3. Nutrition during adulthood and prepare one day menu for moderate worker adult women.

II. Write notes on:

(8 x 5 = 40)

1. Food groups and its nutrients.
2. Plan a whole day menu for lactating women, having 4 months old Infant.
3. What is the pattern of school lunch in India?
4. Importance for Diet during Adolescence period.
5. Feeding problems of Infants.
6. Principles of weaning food.
7. Advantages of breast feeding.
8. Diet therapy.

III. Short answers on:

(10 x 3 = 30)

1. Define Health and Nutrition.
2. Types of supplementary foods.
3. Dietary guidelines of my plate.
4. Mid day meal programme.
5. Food faddism.
6. Indian-meal pattern – vegetarian.
7. Dietary guidelines for pregnancy during Antenatal period.
8. Principles of Meal planning.
9. What is infant formula?
10. Importance of diet for pregnant mothers.
