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M.SC. IN NUTRITION & FOOD SCIENCE
EXAMINATION : APRIL/MAY - 2025
SECOND SEMESTER

Sub. : Nutrition for Maternal, Child & Geriatric Health (MSC24N-216TH)

Date: 05/05/2025

Total marks: 60

Time: 10.00 am to 12.30 pm

Instructions:

- 1) All questions are compulsory and carry equal marks.
- 2) Any kind of misconduct is punishable.

Q. 1 Fill in the right answer (10)

1. Which nutrient is crucial for preventing neural tube defects in the fetus?
 - a) Vit C
 - b) Fe
 - c) Folate
 - d) Calcium
2. "Morning sickness" during pregnancy can often be alleviated by _____.
 - a) Eating large meals
 - b) Avoiding all food
 - c) Eating small, frequent meals
 - d) Drinking lots of sugary drinks
3. Pregnant women should be advised to limit their intake of _____.
 - a) Caffeine
 - b) Water
 - c) Fiber
 - d) Protein
4. Childhood obesity is linked to increased risk of _____.
 - a) Type II DM
 - b) CVDs
 - c) Certain types of Cancers
 - d) All of the above
5. Which of the following can contribute to constipation in older adults?
 - a) Low fiber intake
 - b) Inadequate fluid intake
 - c) Lack of physical activity
 - d) All of the above
6. Which of the following can contribute to picky eating in children?
 - a) Offering a variety of healthy foods
 - b) Pressuring children to eat
 - c) Creating a positive mealtime environment
 - d) Involving children in meal preparation
7. Colostrum, produced in the early days after birth, is rich in _____.
 - a) Antibodies
 - b) Carbohydrates
 - c) Fats
 - d) Protein
8. Recommended weight gain during pregnancy for a woman with a normal BMI is typically _____.
 - a) 10-14kg
 - b) 15-24 kg
 - c) 25-34 kg
 - d) 35-45 kg

9. _____ is important for the development of the fetal brain and nervous system.
- a) Vitamin A
 - b) Omega-3 fatty acids
 - c) Vitamin D
 - d) Vitamin C
10. Exclusive breastfeeding means _____.
- a) Giving only breast milk, no other liquids or solids
 - b) Supplementing breast milk with formula
 - c) Introducing solid foods at 4 months
 - d) Giving occasional sips of water

Q. 2 Answer the following questions (Any 2) (30)

1. Explain in detail the various physiological changes that occur in old age.
2. What is weaning? Explain different types of supplementary foods.
3. Explain PEM in detail.

Q. 3 Write Short Note (Any 4) (20)

1. Importance of fiber for digestive health in older adults
 2. Colostrum & its significance
 3. Give 2 galactagogue recipes for a lactating mother.
 4. Feeding problems in infants
 5. Role of nutrition in preventing age-related diseases.
 6. Gestational Diabetes
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