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M.SC. IN NUTRITION & FOOD SCIENCE
EXAMINATION : NOVEMBER/DECEMBER - 2025
SECOND SEMESTER
Sub. : Nutrition for Maternal, Child & Geriatric Health (MSC24N-216TH)

Date: 5/12/2025

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 of the following is a common nutritional concern in older adults?
 - a) Decreased appetite
 - b) Difficulty chewing or swallowing
 - c) Reduced nutrient absorption
 - d) All of the above
2. Parents can encourage healthy eating habits in their children by _____.
 - a) Setting a good example
 - b) Offering a variety of nutritious foods
 - c) Limiting access to unhealthy foods
 - d) All of the above
3. Breastfeeding is recommended for at least _____.
 - a) 6 months
 - b) 1 year
 - c) 2 years
 - d) 3 years
4. Calcium intake during pregnancy is essential for _____.
 - a) Fetal bone development
 - b) Preventing maternal osteoporosis
 - c) Both a and b
 - d) Neither a or b
5. Pica during pregnancy refers to _____.
 - a) Craving and consumption of non-food substances
 - b) Severe morning sickness
 - c) Gestational diabetes
 - d) Pregnancy-induced hypertension
6. Encouraging children to participate in meal preparation can _____.
 - a) Promote healthy eating habits
 - b) Increase their food acceptance
 - c) Improve their fine motor skills
 - d) All of the above
7. Gestational diabetes can increase the risk of _____.
 - a) Macrosomia (large baby)
 - b) Pre-eclampsia
 - c) Type 2 diabetes later in life for the mother
 - d) All of the above
8. Childhood obesity is a growing concern. Which of the following contributes to it?
 - a) Healthy diet
 - b) Excessive consumption of processed foods
 - c) Regular physical activity
 - d) Adequate sleep

9. Which of the following is a benefit of breastfeeding for the mother?
- a) Reduced risk of breast cancer
 - b) Weight loss
 - c) Uterine contraction
 - d) All of the above
10. Cravings during pregnancy are often related to _____.
- a) Nutritional deficiencies
 - b) Hormonal changes
 - c) Emotional stress
 - d) All of the above

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

1. Explain in detail the importance & benefits of breastfeeding for infant & mother health.
2. Explain in detail the nutritional requirements & dietary guidelines for old age.
3. Describe in detail the complications observed during pregnancy.

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

1. Give 2 recipes for an anemic pregnant mother.
 2. Importance of pre-conception nutrition
 3. Nutrient drug interactions in old age
 4. Childhood Obesity
 5. Give 2 recipes for a 75 year old man having no dentition and is facing constipation.
 6. Malnutrition during old age
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