

TILAK MAHARASHTRAVIDYAPEETH, PUNE
M.SC. IN NUTRITION & FOOD SCIENCE
EXAMINATION :APRIL/MAY - 2026
SECOND SEMESTER

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

Date: 27/04/2026

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. Recommended weight gain during pregnancy for a woman with a normal BMI is typically _____.
 - a) 10-14kg
 - b) 15-24kg
 - c) 25-34 kg
 - d) 35-45 kg
2. Calcium intake during pregnancy is essential for _____.
 - a) Fetal bone development
 - b) Preventing maternal osteoporosis
 - c) Both a and b
 - d) Neither a nor b
3. Breastfeeding is recommended for at least _____.
 - a) 6 months
 - b) 1 year
 - c) 2 years
 - d) 3 years
4. Which of the following is a good source of fiber for children?
 - a) White bread
 - b) Whole grains
 - c) Processed snacks
 - d) Sugary cereals
5. Food allergies in children can cause _____.
 - a) Skin rashes
 - b) Digestive problems
 - c) Respiratory problems
 - d) All of the above
6. Cravings during pregnancy are often related to _____.
 - a) Nutritional deficiencies
 - b) Hormonal changes
 - c) Emotional stress
 - d) All of the above
7. Dehydration is a common problem in older adults due to _____.
 - a) Decreased thirst sensation
 - b) Reduced kidney function
 - c) Medications
 - d) All of the above
8. 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
9. Which of the following is a common food allergen in children?

10. The recommended age for introducing complementary foods to infants is _____.

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

1. Explain in detail the importance & benefits of breastfeeding for infant & mother health.
2. What is weaning? Explain different types of supplementary foods.
3. Explain in detail the various physiological changes that occur in old age.

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

1. Childhood Obesity
2. Colostrum & it's significance
3. Physiological changes during Pregnancy
4. Role of nutrition in preventing age-related diseases
5. Gestational Diabetes
6. Malnutrition during old age