



**WEST BENGAL STATE UNIVERSITY**  
B.Sc. Honours 3rd Semester Examination, 2020, held in 2021

**FNTACOR06T-FOOD AND NUTRITION (CC6)**

**NUTRITION THROUGH LIFE SPAN**



Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.  
Candidates should answer in their own words and adhere to the word limit as practicable.  
All symbols are of usual significance.*

**Answer any *four* questions from the following**  
**All parts of a question should be answered together**

10×4 = 40

1. Explain the physiological changes during pregnancy. What is the impact of malnutrition on pregnancy? 5+5
2. Briefly discuss the nutritional requirements of a 5 year old boy. Write a note on antenatal care particularly from nutritional perspectives. 5+5
3. What is adolescence? What do you mean by adolescent pregnancy? Discuss its impact. What is gestational diabetes? 3+4+3
4. Discuss the principles of breastfeeding. State the immunological benefits of breastfeeding. What is FTT? 4+4+2
5. State the nutritional requirement of a 16 year old girl. Plan a diet for her emphasizing on iron requirement. Write a note on anorexia nervosa. 4+3+3
6. State the importance of school tiffin. Discuss the nutritional problems of school going children. What is spina bifida? 3+5+2
7. Discuss the hormonal regulation of milk secretion during lactation. State the RDA of a lactating woman for the first six months. State the circumstances under which artificial feeding is initiated. 4+4+2
8. Discuss the importance of iron and folic acid during pregnancy. Explain the terms: Preterm and LBW babies. Define colostrum. What is bulimia nervosa? 4+2+2+2

9. Discuss the complications of pregnancy. Discuss the adverse effects of bottle feeding in infants. Suggest any two vitamin A rich recipes suitable for a preschool child. 4+4=2

**N.B.** : Students have to complete submission of their Answer Scripts through E-mail /Whatsapp to their own respective colleges on the same day / date of examination within 1 hour after end of exam. University / College authorities will not be held responsible for wrong submission (at in proper address). Students are strongly advised not to submit multiple copies of the same answer script.