

PARUL UNIVERSITY
PARUL INSTITUTE OF APPLIED SCIENCES
MID SEMESTER INTERNAL EXAMINATION, SEPTEMBER 2019
B. Sc. -Semester 2
Subject: Nutrition and Dietetics

Paper Code: 11109157

Title of the paper: Meal planning in lifecycle -1

Date:4/3/20

Time:10:30am

Maximum Marks: 40

Instructions:

1. All questions are compulsory and options are given in first and second question only.
2. Numbers to the right of question indicate the marks of respective question.

Q. 1	Attempt any one question of the following. (i) Explain any five principles of diet planning. (ii) Give a detail note on different types of breast milk	(08)
Q. 2	Attempt any three questions of the following. (i) What are social determinants of food choices? (ii) List the problems in weaning. (iii) Explain the difference in amino acid content in human and cow's milk. (iv) Explain importance of carbohydrate in human milk. (v) Short note on balance diet.	(12)
Q. 3	Do as directed. Attempt all five questions. (i) Define Tolerable Upper Intake Level. (ii) What are the feeding problems of infants? (iii) Give any four advantages of breast feeding infant. (iv) Calorie requirement of a preterm baby. (v) What is malting? Explain the process.	(05)
Q. 4	Write correct option in your answer sheet for following 15 multiple choice questions.	(15)

MCQ 1	The food group system can be used by health professionals for which of the following purpose			
	(A)	Tool for nutritional assessment	(B)	Tool for counseling
	(C)	Explaining therapeutic diet	(D)	All of the above
MCQ 2	----- cooking is combination of moist and dry heat			
	(A)	Simmering	(B)	Toasting
	(C)	Braising	(D)	Pressure cooking
MCQ 3	At birth the hemoglobin level of a well-nourished infant is -----/100ml.			
	(A)	18-24mg	(B)	17-20mg
	(C)	20-25mg	(D)	25-30mg
MCQ 4	Baking is -----method of cooking			
	(A)	Dry	(B)	Moist
	(C)	Steam	(D)	None of the above
MCQ 5	-----trace element is important for brain development			

	(A)	Tin	(B)	Zinc
	(C)	Sodium	(D)	Nickel
MCQ 6	----- Diet contains high amounts of fruit, vegetables, beans and grains, low in red meat.			
	(A)	Low fat diet	(B)	Anti inflammatory diet
	(C)	DASH Diet	(D)	Mediterranean diet
MCQ 7	One of the most common reasons on mothers giving up on feeding breast milk is because			
	(A)	They are irritated	(B)	Lack of confidence
	(C)	They think that they do not have enough milk	(D)	Both B and C
MCQ 8	-----cooking technique consist of placing the food below or above or in-between a red hot surface			
	(A)	Sautéing	(B)	Roasting
	(C)	Grilling	(D)	None of the above
MCQ 9	-----is a disadvantage of pressure cooking?			
	(A)	Loss of nutrients	(B)	Requires less attention
	(C)	There may be mixing of flavors	(D)	None of the above
MCQ 10	Low birth weight is babies born with			
	(A)	<2500kg	(B)	<3000g
	(C)	<3000kg	(D)	<2500g
MCQ 11	The increase in the number of brain cells is most rapid during foetal life and in first -----months after birth.			
	(A)	2-3 months	(B)	5-10 months
	(C)	10-11 months	(D)	5-6 months
MCQ 12	Which of the above statement is correct?			
	(A)	Colostrum has less amount of VitA and K	(B)	Foremilk is watery and has low fat content
	(C)	Colostrum does not contain B12 binding protein	(D)	Zinc content of colostrum is very less.
MCQ 13	Which of the above is not the component of balance diet			
	(A)	Provides phytochemical	(B)	Improves longevity
	(C)	Improves immunity	(D)	Does not help to cope up stress
MCQ 14	Which of the following point is incorrect for weaning foods			
	(A)	The mother should not show dislike towards any food	(B)	Giver freshly prepared food
	(C)	Combinations of foods should be introduced at a time	(D)	None of the above
MCQ 15	-----is the cooking method in which pan with tightfitting lid, using small quantities of liquid cover only half the food			
	(A)	Stewing	(B)	Steaming
	(C)	Pressure cooking	(D)	Poaching