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Question Bank

B.sc Home Science (Food Science & Nutrition)

Class: SY Subject: Nutrition for Life Span

Unit- I

Basics of Meal Planning

Short Answer Question:

1. Food Pyramid
2. Balanced Diet
3. Food exchange list
4. Factors affecting meal planning

Long Answer Question:

1. Give brief overview of nutritional requirements.
2. Write a brief note on: Food pyramid and its use.
3. What is balanced diet? Write a short note on food exchange list.
4. Write a note on factors affecting meal planning.

Unit- II

Nutrition in Adulthood

Short Answer Question:

1. Nutritional requirements of sedentary worker.
2. Diarrhea
3. Constipation
4. Underweight
5. Obesity

Long Answer Question:15

1. What are the nutritional requirements of sedentary, moderate and heavy workers? Discuss in brief.
2. Give dietary modifications for diarrhea and constipation in detail.
3. Give dietary modifications for underweight and obesity briefly.

Unit- III

Nutrition during Pregnancy & Lactation

Short Answer Question:

1. Give RDA during pregnancy.
2. Give RDA during lactation.

Long Answer Question:

1. Plan a day's diet plan for pregnant women. Give RDA and diet modifications during pregnancy.
2. Plan a day's diet plan for lactating women. Give RDA and diet modifications during lactation.

Unit- IV

Nutrition during Life Cycle

Short Answer Question:

1. Define infancy
2. Define Childhood

Long Answer Question:

1. Plan a day's diet plan for 9 months old infant.
2. Plan a day's diet plan for 5 yrs. old child.
3. Plan a day's diet plan for 14yrs old adolescent girl.
4. Plan a day's diet plan for 70yrs old adult.16