

Name:

Enrolment No:



**UNIVERSITY OF PETROLEUM AND ENERGY STUDIES**  
**End Semester Examination, June 2021**

**Course: Nutrition through lifecycle**  
**Program: M.Sc (Nutrition and Dietetics)**  
**Course Code: HSND7009**

**Semester: IInd**  
**Time: 03 hrs.**  
**Max. Marks: 100**

**Instructions: Read question carefully.**

**SECTION A**

S. No.	MCQ's /Fill in the blanks/ T&F (1.5 marks each)	30 Marks	CO
1	Oxytocin and growth hormone enhance lactation a. True b. False	1.5	CO1
2	Zinc plays important role in maintaining immune system. a. True b. False	1.5	CO1
3	Haeme iron is found primarily in plant source. a. True b. False	1.5	CO1
4	Colostrum gradually change to mature milk. a. True b. False	1.5	CO1
5	The level of Immunoglobulin A (IgA) in breast milk lower from day 10 until at least 7.5 months post-partum. a. True b. False	1.5	CO2
6	Increased protein is necessary in pregnancy for a. preventing gestational diabetes b. sparing carbohydrates for energy needs c. growing maternal tissues d. preventing pregnancy-induced hypertension	1.5	CO2
7	Gestational diabetes occurs in 2% to 13% of the _____ population.	1.5	CO2
8	Which of the following problem is not associated with weaning? a. Choking b. Refusal to eat c. Constipation d. Juvenile diabetes	1.5	CO2
9	A child who is _____ is shorter than expected based on age a. Underweight b. Wasting c. At homeostatic growth d. stunting	1.5	CO2

10	Iron needs increase during pregnancy because of a. maternal constipation b. increased maternal blood volume c. increased maternal metabolic rate d. poor iron absorption during pregnancy	1.5	CO2
11	When do babies often make the transition from formula to solid foods? a. 2 months b. 6 months c. 12 months d. 18 months	1.5	CO3
12	A baby's iron stores begin to deplete around six months, making it necessary to introduce iron-rich foods at this time. a. True b. False	1.5	CO3
13	Colic is a problem associated with breastfeeding. a. True b. False	1.5	CO3
14	First trimester is the duration from conception to week_____.	1.5	CO3
15	_____ an issue encountered during pregnancy, when women start craving for non food and non- nutritive items.	1.5	CO3
16	Pre-eclampsia is a serious complication of pregnancy characterized by_____.	1.5	CO4
17	First stage of lactation is called_____.	1.5	CO4
18	Salt is made up of _____ and_____.	1.5	CO5
19	Vitamin A,D,E and K are_____soluble.	1.5	CO5
20	The RDA for protein for Indian men and women is suggested at _____body weight.	1.5	CO5
<b>SECTION B (5 marks each question)</b>			
Q	Short Answer Type Question (5 marks each) Scan and Upload 4 questions 5 marks. Word limit (100-120)	<b>20 Marks</b>	<b>CO</b>
1	Discuss the problems faced by mother during breastfeeding.	<b>5</b>	<b>CO1</b>
2	What are the principles of introduction of weaning foods?	<b>5</b>	<b>CO2</b>
3	Discuss the risk factors associated with teenage pregnancy.	<b>5</b>	<b>CO4</b>
4	Explain the nutritional needs of mother during pregnancy.	<b>5</b>	<b>CO5</b>
<b>SECTION C 30 marks</b>			
Q	<b>Two case studies 15 marks each subsections</b>	<b>30 Marks</b>	<b>CO</b>
1	(Word limit- 100-120 each question) a. What are the nutrition related problem in preschooler? (5 marks) b. Explain how maternal nutrition is related to foetal growth and development. (5 marks) c. What are the challenges faced by preterm babies?	<b>15</b>	<b>CO5</b>
2	(Word limit- 100-120 each question) a. What are the advantages of breastfeeding? (5 marks) b. What is the importance of introducing weaning at right time? (5 marks) c. Referring to ICMR 2020, RDA. Explain the nutrient requirement for pregnant and lactating mother. (5 marks)	<b>15</b>	<b>CO3</b>

	<b>SECTION- D 20 marks</b>		
Q	Long Answer type Questions Scan and Upload (10 marks each) Word limit 200-250	<b>20 Marks</b>	<b>CO</b>
1	What are the health complications faced during pregnancy?	<b>10</b>	<b>CO1</b>
2	Explain the physiology of lactation.	<b>10</b>	<b>CO4</b>