


Name:			
Enrolment No:			
UPES End Semester Examination, May 2024			
Course: Nutrition through the lifecycle Program: M.Sc. Nutrition and Dietetics Course Code: HSND7009P		Semester : II Duration : 3 Hours Max. Marks : 100	
Instructions: Read all the questions carefully.			
Section A			
S. No.	Short answer questions/ MCQ/T&F (20Qx1.5M = 30 Marks)	Marks	COs
Q1	Which reflex is commonly present in newborns to help with breastfeeding? a. Moro reflex b. Babinski reflex c. Rooting reflex d. Grasping reflex	1.5	CO1
Q2	Infants whose birth weights are below normal when the length of pregnancy is considered, are defined as _____.	1.5	CO1
Q3	What is the primary role of the placenta during pregnancy? a. Oxygen transport b. Nutrient storage c. Hormone production d. Waste elimination	1.5	CO1
Q4	What is colostrum?	1.5	CO1
Q5	What is the RDA for calcium during lactation?	1.5	CO1
Q6	Those born before the completion of _____ weeks of gestation (the time between fertilization and birth) are called as preterm infants.	1.5	CO1
Q7	The food needs of children are so great in proportion to the size of their digestive tracts that it becomes important to: a. avoid liquids until after meals. b. serve only highly concentrated foods. c. provide megadose vitamin supplements. d. serve snacks in addition to meals.	1.5	CO1
Q8	How does BMR and body composition change as we age?	1.5	CO1
Q9	What is weaning? List down some common home-based instant foods for infants.	1.5	CO1
Q10	Which of the following statements best describes the role of undigested proteins in the gut of infants? a. Undigested proteins in the gut enhance nutrient absorption. b. Undigested proteins in the gut primarily contribute to infant growth.	1.5	CO2

	<ul style="list-style-type: none"> c. Provide immunity benefits due to the underdeveloped digestive system. d. Undigested proteins in the gut have no significant impact on infant health. 		
Q11	<p>What is the primary characteristic of anorexia nervosa, commonly observed in adolescence?</p> <ul style="list-style-type: none"> a. Excessive food intake b. Binge-eating episodes c. Intentional restriction of food intake leading to low body weight d. Emotional overeating 	1.5	CO2
Q12	<p>If development does not occur during a critical period, the embryo can make up for this development later when more nutrients are available. Provide reasons for the answer.</p> <ul style="list-style-type: none"> a. True b. False 	1.5	CO3
Q13	<p>To maintain a desirable iron status, breastfed infants after 6 months should receive iron supplementation. State whether the statement is true or false and provide reason for the answer.</p> <ul style="list-style-type: none"> a. true b. false 	1.5	CO3
Q14	<p>What are teratogens?</p>	1.5	CO3
Q15	<p>What typically happens to physical growth rates during middle childhood?</p> <ul style="list-style-type: none"> a. Accelerates rapidly b. Slows down compared to infancy and toddlerhood c. Halts completely d. Varies unpredictably 	1.5	CO3
Q16	<p>What hormonal changes trigger the onset of puberty in both boys and girls?</p> <ul style="list-style-type: none"> a. Decrease in estrogen levels b. Increase in testosterone levels c. Decrease in growth hormone levels d. Increase in estrogen and testosterone levels 	1.5	CO3
Q17	<p>How do calorie-restricted diets contribute to amenorrhea in young women, especially athletes?</p> <ul style="list-style-type: none"> a. By increasing estrogen levels b. By promoting regular ovulation c. By disrupting hormonal balance d. By enhancing reproductive function 	1.5	CO3
Q18	<p>How distorted body image lead to the development of eating disorders in teenagers?</p>	1.5	CO3
Q19	<p>Why is calcium important for school-age children?</p> <ul style="list-style-type: none"> a. It is not crucial for children's health. b. Insufficient intake may lead to weakened bones. c. Excess calcium causes tooth decay. d. It has small impact on overall growth. 	1.5	CO4
Q20	<p>How does aging affect taste perception?</p>	1.5	CO4

	<ul style="list-style-type: none"> a. Aging enhances taste sensitivity. b. Aging has no impact on taste. c. Aging often results in a decline in taste sensitivity. d. Aging leads to an increase in overall taste preferences. 		
Section B (4Qx5M=20 Marks)			
Q1	Explore the consequences of alcoholism on fetal health.	5	CO1
Q2	Discuss the physiology of menarche that led to the onset of menstruation in adolescent girls.	5	CO2
Q3	Why is it recommended to introduce solid foods to babies around 6 months of age? List down some home-based complementary foods for infants.	5	CO2
Q4	Discuss the factors contributing to the frequent occurrence of heartburn and constipation in pregnant women.	5	CO3
Section C (2Qx15M=30 Marks)			
Q1	<ul style="list-style-type: none"> a. What makes the prenatal period a critical stage of development? 3 marks b. Discuss the physiological changes during the embryonic and germinal periods of prenatal development. 5 marks c. What are the essential nutrients needed for fetal cell development during pregnancy, and what are the potential risks to the baby if these nutrients are lacking in the mother's diet? 7 marks 	15	CO2
Q2	<p>Mrs. Smith, a senior citizen living alone, is experiencing various physical and emotional changes.</p> <ul style="list-style-type: none"> a. What are the common physiological changes that occur in body composition, digestive system, skeletal, urinary, immune, endocrine and reproductive system with aging, and how do they affect an individual's daily life? b. Provide nutritional suggestions and lifestyle changes to help Mrs. Smith cope with these changes. 	15 (7.5 marks × 2)	CO4
Section D (2Qx10M=20 Marks)			
Q1	<ul style="list-style-type: none"> a. Illustrate the physiological mechanism involved in the act of lactation and breastfeeding. b. Identify factors that can disrupt the secretion and production of breast milk. 	10 (5 marks × 2)	CO1
Q2	<ul style="list-style-type: none"> a. Discuss the characteristics of school-age children and how does this affect what they should eat? Give appropriate examples of packed lunches and snacks to meet the nutritional needs of school-aged children. b. How does irregular eating habits affect the growth and development of teenagers? 	10 (5 marks × 2)	CO3