



**WEST BENGAL STATE UNIVERSITY**  
B.Sc. Honours 3rd Semester Examination, 2021-22

**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**

10×4 = 40

1. Discuss about the non-nutritional factors affecting pregnancy outcome. Why is folic acid vital for a pregnant women? What are the consequences of folic acid deficiencies during pregnancy? 4+3+3
2. What do you mean by weaning? Why is weaning essential for infants after a certain period? Discuss the principles of weaning and feeding problems occurring in infants. 2+2+3+3
3. What do you mean by “Let down” reflex? Discuss the factors that affect milk output. State the role of oxytocin in milk secretion. Write a note on galactagogues. 2+3+3+2
4. Mention the factors influencing food habits of toddlers. What dietary guidelines are followed to plan a diet for preschool children? Discuss about two common nutritional problems found in toddlers and preschoolers. 3+4+3
5. What is adolescent’s growth spurt? “Adolescence demands intake of high biological value proteins”— Justify the statement. Write a short note on eating disorders in adolescent. 3+3+4
6. Discuss about the following problems during pregnancy including their management-pregnancy induced hypertension, obesity, diabetes and pica. What do you mean by the term “morning sickness”? (2×4)+2
7. Write four differences between artificial feeding and breast feeding. Under which circumstances artificial feeding is advised? Discuss the nutritional hazards of prematurity. 4+2+4

8. (a) What do you mean by “beikost”? How do you care and sterilise bottles for bottle feeding? 2+3+5
- (b) Discuss the significance of weight gain during pregnancy.
9. “Breast milk is not only best it is must”— Explain. Write the nutritional requirements of a lactating mother for the first six months of her lactation period. 5+5

**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.*

—×—