

2021
FOOD & NUTRITION
[HONOURS]
Paper : V

Full Marks : 75

Time : 4 Hours

*The figures in the right-hand margin indicate marks.**Candidates are required to give their answers in their own words as far as practicable.***Answer all the questions.**

1. Answer any **five** of the following: 1×5=5
- a) What is Bulimia?
 - b) What is 'Anorexia nervosa'?
 - c) Who are the beneficiaries of ICDS programme?
 - d) What is Median?
 - e) State two symptoms of goiter.
 - f) What is colostrums?
 - g) What is the full form of UNICEF?

2. Answer any **six** from the following: 2×6=12
- a) What do you mean by 'safe drinking water' in a remote village?
 - b) Write any two functions of Vitamin D.
 - c) What do you mean by 'positive health'?
 - d) What is menu planning?
 - e) Outline the different food groups.
 - f) Describe the clinical signs of vitamin C deficiency in children.
 - g) What is Adult Calorie Consumption Unit (ACU)?
 - h) What is 'Glycemic index'?
3. Answer any **three** from the following: 6×3=18
- a) Name two important 'food borne' diseases. Briefly discuss the different steps for prevention and control of food borne diseases.
 - b) State the composition of colostrum. What is meant by antinatal care? 4+2
 - c) Discuss briefly about growth and development of children in rural India. 6
 - d) What is BMI? Describe how it is used in relating the nutritional status of an individual.
 - e) Discuss the main area of activities of NIN in India.

4. Answer any **four** from the following: $10 \times 4 = 40$
- a) Write briefly on (any **two**): $5 \times 2 = 10$
- i) Signs and symptoms of deficiency of vitamin A.
 - ii) Food management during natural calamities.
 - iii) Nutritional intervention programs on pregnant women in India.
- b) Classify the disasters. Briefly describe the advantage and disadvantage of disaster management by dry food. $2 + 4 + 4$
- c) Describe any two methods of diet survey. What are the importances of diet survey to the community? $7 + 3$
- d) What is 'Diet survey'? What are the standard methods of diet survey? Give a brief idea of importance of diet survey. $2 + 4 + 4 = 10$
- e) What is 'malnutrition'? Discuss two main reasons that are most important for the prevalence of malnutrition. What is the mandate of NIN in India? $2 + 3 + 5 = 10$
- f) What do you understand by 'community health'? How community health is affected by water borne diseases? Give a brief idea how

analysis of community health data can improve the community health. $3 + 4 + 3 = 10$
