Q.1. Elaborate on Alma Ata Declaration. Health is a fundamental right. How is healthcare provided at different levels in India.  
(4+6=10)

Q.2. Explain term Demographic transition. Explain the stages of demographic cycle with examples.  
(2+8=10)

(10)

OR
(a) List the dietary goals and guidelines for adults.
(b) Discuss the nutrient needs and RDA during infancy.  
(5+5=10)

Q.4. Discuss the nutritional needs and dietary modification suggested during lactation(0-6 months)  
(10)

OR
(a) Discuss diet and feeding pattern of:
   (i) Adolescence age
   (ii) Preschool age
(b) What points need to be taken care for introduction of complementary feed?  
(3+3+4=10)

Q.5. Give functions, deficiency symptoms, food sources and RDA of any two minerals important for maintaining good health.  
(10)
Q.6.  (a) Give the classification of carbohydrates.  
(b) Enumerate the functions, highlighting the role of dietary fibre.  

OR  
(a) Discuss the factors affecting protein quality.  
(b) Discuss the importance of essential fatty acids in our diet.  

(5+5=10)

Q.7.  (a) Give the relationship between niacin and tryptophan.  
(b) Discuss the 3D’s of pellagra.  
(c) Discuss the role of B vitamins in carbohydrate protein and fat metabolism.  

(3+3+4=10)


OR  
(a) Discuss the physiological changes that occur during elderly stage.  
(b) Discuss the diet and feeding pattern of elderly.  

(5+5=10)

Q.9.  Write short notes on any two:  
(a) Glycemic Index  
(b) Energy and protein requirement during pregnancy  
(c) Vitamin A  
(d) Tips for maintaining healthy lifestyle  

(2x5=10)

Q.10.  A Define following:  
(i) Reference woman  (ii) Insoluble fibre  (iii) ARF  
(iv) Community  (v) PAL  

B Match the following:  
(i) ICF  (a) Sodium  
(ii) Methionine  (b) Nitrogen balance method  
(iii) Butter  (c) Essential amino acid  
(iv) Protein  (d) Saturated fat  
(v) Pellagra  (e) Potassium  
(f) Niacin  

(5+5=10)

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