Q.1. Explain Primary HealthCare Services dispensation in India. (10)

Q.2. (a) Elaborate on “Alma Ata Declaration”.
(b) Explain Demographic Transition. (5+5=10)

Q.3. (a) Meal planning involves decision making. Elaborate on essentials of meal planning.
(b) List and explain the factors to be considered for determining one serving portion of different food preparations. (8+2=10)

Q.4. Explain the biological methods for evaluating quality of protein. (10)

Q.5. Enumerate:
(a) Factors which affect protein quality.
(b) Digestibility co-efficient. (6+4=10)

OR

Enumerate:
(i) Chemical score
(ii) Role of community nutritionist
(iii) Resistant starch (4+3+3=10)

Q.6. Give diet and feeding patterns of any two:
(a) Elderly (b) Adolescence (c) Lactating mother (2x5=10)
Q.7.  (a) Discuss the physiological changes which occur during pregnancy.
(b) Discuss the nutritional needs and dietary modifications suggested during pregnancy.

   OR

(a) Discuss the changes associated with ageing.
(b) Discuss the nutritional needs and dietary modifications suggested during lactation.

(5+5=10)

Q.8.  Briefly explain digestion and absorption of:
(a) Carbohydrates   (b) Fats

   OR

(a) Physiological effects of dietary fibre   (b) Digestion and absorption of proteins.

(5+5=10)

Q.9.  Explain the following in 2-3 lines:
(a) Community  (b) Reference Indian Woman  (c) Growth monitoring
(d) EFA  (e) Complimentary feeding  (f) Polysaccharide
(g) SFA   (h) Glycemic index  (i) One serving
(j) BMR

(10x1=10)

Q.10.  A  Fill in the blanks:
(a) One serving of green leafy vegetables is __________ grams.
(b) Energy requirement of adult man involved in moderate activity is __________.
(c) __________ is a branch of medicine dealing with health problems of elderly.
(d) Requirements of water soluble vitamins is established by __________ studies.
(e) On an average, one fruit exchange provides __________ grams of carbohydrate.

B  Match the following:
(a) Zein    (i) L-cells of islets of Langerhans
(b) Methionine    (ii) Lactation
(c) Dextrose    (iii) Incomplete protein
(d) Glucagon    (iv) Pregnancy
(e) Prolactin reflex    (v) Essential amino acid
(   (vi) Glucose

(5+5=10)