Q.1. Define community nutrition. Enumerate the role of a community nutritionist in maintaining good nutritional status of adolescent Indian girls. (10)

Q.2. What are the fundamentals of meal planning for a group of children staying in a boarding school? (10)

Q.3. Classify Vitamins. State the functions of Vitamin D and Thiamine. (2+4+4=10)

Q.4. (a) State any five reasons for inclusion of fiber in our daily diet. (b) List two categories of fiber. (c) Name six sources of fiber for an adult woman. (5+2+3=10)

Q.5. (a) Classify minerals with examples and state five functions of minerals. (b) State any two rich sources each of Calcium and Iron. (3+5+2=10)

Q.6. Write short notes on (any two): (a) Methods of determining protein quality. (b) Functions of Vitamin C and methods of preserving Vitamin during food processing. (c) Dietary needs during infancy. (d) Exchange list and its use in meal planning. (2x5=10)

OR
Define the term protein quality. State the different methods of improving protein quality.

(2+8=10)

Q.8. Classify proteins according to the type of amino acid content. State the protein requirement for various stages of life.

OR
Classify fats and oils according to sources. State five ways in which fat intake can be reduced.

(5+5=10)

Q.9. Discuss pregnancy and physiological changes. State the importance of good quality nutrients during pregnancy.

OR
Discuss the changes associated with ageing. Enumerate the ways in which nutritional needs of 65 year old male with lifestyle diseases would be met.

(10)

Q.10. Fill in the blanks using the words given in the brackets:
(a) The speed at which food raises the blood glucose level after its consumption _________ (Body mass Index/Glycemic Index).
(b) Fatty acids which are not synthesized by human body __________ (Essential fatty acid/Non-essential fatty acids).
(c) Animal proteins are __________ (Incomplete Proteins/Complete Proteins).
(d) Thiamine is a __________ vitamin (Fat soluble/water soluble).
(e) __________ is the vitamin required for normal vision (Vitamin K/Vitamin A).
(f) __________ is anti-scurvy vitamin (Vitamin D/Vitamin C).
(g) __________ are building blocks of protein (Monosaccharide/Amino acids).
(h) Body building nutrient __________ (Fat/Protein).
(i) __________ is the richest source of vitamin C (Orange/Amla).
(j) __________ is the structural component of plants (Glycogen/Fiber).

(10x1=10)

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