

Multi Skilled Health Worker
B. Voc. Second Semester End Examination-2024
(Regular & Supplementary Paper)
PAPER: 205T
[Human Nutrition]

Full Marks: 40

Time: 02Hrs

The figures in the right hand margin indicate marks.

Candidates are required to give their answers in their own words as far as practicable.

Illustrate the answers wherever necessary.

Group A

1. Answer any FIVE questions of the following: 5x2= 10
- a. What is colostrums?
 - b. Define hind milk.
 - c. What do you mean by preterm baby?
 - d. Define aging.
 - e. What is carbohydrate loading?
 - f. What do you mean by weaning?
 - g. Write the names of hormones needed for lactation.
 - h. Write the requirement for iron and vitamin C for a pregnant mother.

(2)

Group B

2. Answer any FOUR questions of the following: **4x5 = 20**
- a. Write the composition of colostrum.
 - b. Write a short note on formula feeding.
 - c. What are the dietary guidelines for an athlete?
 - d. Write a short note on low birth weight babies.
 - e. Write the dietary guidelines for a pregnant mother.
 - f. Why extra energy and calcium are needed for lactating mother?

Group C

3. Answer any ONE question of the following: **1x10 = 10**
- a. i) Write the physiological changes noted due to aging.
ii) Write about the dietary modification necessary with aging.
5+5
 - b. i) Write about any 5 low cost supplementary food development in India.
ii) What are the feeding problems of an infant? **5+5**
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