

Subject Title: Family and Community Nutrition

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Year: II

Semester: IV

Updated on: 25-3-

Unit - I: BASICS OF MEAL PLANNING**Short answer type**

1. Balanced diet
2. Factors affecting RDA
3. Food pyramid
4. My plate
5. Principles of meal planning
6. Objectives of meal planning
7. Food exchange list

Long answer type question

1. Define balanced diet. What are the factors effecting RDA?
2. What are the nutrient requirements of an adult? Mention the changes in nutrient requirement according to sex, age and activity.
3. What is meal planning? Mention the principles and objectives of meal planning.

Unit - II: NUTRITIONAL REQUIREMENT DURING PREGNANCY, LACTATION AND INFANCY**Short answer type questions**

1. Physiological changes during pregnancy
2. Dietary modifications during pregnancy
3. Complications of pregnancy
4. Dietary guidelines for lactating woman
5. Role of special foods in lactation
6. Breast feeding v/s artificial feeding
7. Factors to be considered while preparing supplementary foods

Long answer type questions

1. Mention the nutrient requirement and RDA of pregnant woman. What are the complications of pregnancy?

2. Give the RDA and nutrient requirement during lactation. Mention the dietary guidelines to be followed.
3. Figure the growth and development during infancy. What are the nutrient requirements of an infant
4. Mention the advantages and disadvantages of breast feeding and artificial feeding.

Unit - III: NUTRIENT REQUIREMENT FOR PRE SCHOOLERS, SCHOOL GOING CHILD AND ADOLESCENT

Short answer type questions

1. Problems in feeding an infant
2. Packed lunch
3. ICDS
4. Eating disorders
5. Anemia prophylaxis program

Long answer type questions

1. What is the nutrient requirement and RDA of a preschooler? Mention the factors affecting nutritional status
2. What is the nutrient requirement and RDA of a school going child? Mention the importance of breakfast.
3. What are mid day meal programs? Write a note on ICDS and SNP.
4. What is the nutrient requirement during adolescence? Write about anemia in adolescence.

Unit - IV : NUTRIENT REQUIREMENT FR GERIATRIC GROUP AND NUTRITIONAL ASSESMENT

Short answer type questions

1. Physiological changes during old age
2. Dietary modifications at old age
3. Anthropometric measures
4. Diet surveys

Long answer type questions

1. Mention the RDA and nutritional requirements o geriatrics. What are the dietary modifications to be made?
2. What are the methods of assessment of nutritional status?