

**STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI - 86**  
(For candidates admitted during the academic year 2016 – 2017 & thereafter)

**B.Voc. DEGREE EXAMINATION, NOVEMBER 2023**  
**FOOD PROCESSING AND QUALITY CONTROL**  
**THIRD SEMESTER**

**COURSE : ALLIED CORE**  
**PAPER : BASIC DIETETICS**  
**SUBJECT CODE : 16VF/VA/BA35**  
**TIME : 3 HOURS**

**MAX.MARKS : 100**

**SECTION A**

**ANSWER ALL QUESTIONS:**

**(20x1=20)**

**I. FILL IN THE BLANKS**

1. Vitamin D is synthesized by the body when exposed to \_\_\_\_\_.
2. BMR stands for \_\_\_\_\_.
3. During pregnancy, \_\_\_\_\_ is crucial for the development of baby's neural tube.
4. \_\_\_\_\_ refers to a short period of time witnessed by rapid physical growth and development.
5. GERD stands for \_\_\_\_\_.

**II. CHOOSE THE CORRECT ANSWER**

6. The concept of "balance" in dietary guidelines refers to:
  - a. Balancing calories consumed with calories burned through exercise
  - b. Balancing macronutrients like carbohydrates, proteins, and fats
  - c. Balancing food groups to ensure a variety of nutrients
  - d. Balancing the diet with dietary supplements
7. What is the recommended daily intake of iron for pregnant women to prevent iron-deficiency anemia?
  - a. 5 milligrams
  - b. 10 milligrams
  - c. 18 milligrams
  - d. 30 milligrams
8. Which term refers to a condition where children are selective about the foods they eat, often avoiding certain food groups?
  - a. Nutrient density
  - b. Picky eating
  - c. Malnutrition
  - d. Obesity
9. At what age should complementary feeding (introduction of solid foods) typically begin for most infants?
  - a. 1 month
  - b. 3 months
  - c. 6 months
  - d. 12 months
10. Which macronutrient is the primary source of energy for adults?
  - a. Carbohydrates
  - b. Proteins
  - c. Fats
  - d. Vitamins
11. What is the recommended daily intake of vitamin C for adults to support immune function and overall health?
  - a. 10 milligrams
  - b. 50 milligrams
  - c. 100 milligrams
  - d. 500 milligrams

12. What is the primary focus of a soft diet?
  - a. Promoting weight gain
  - b. Reducing the risk of food allergies
  - c. Providing easily digestible foods for individuals with difficulty chewing or swallowing
  - d. Increasing fiber intake
13. Which foods are often considered "ulcer-friendly" due to their low acidity and mild nature?
  - a. Citrus fruits
  - b. Tomatoes
  - c. Green leafy vegetables
  - d. Lean proteins like poultry and fish

### III. TRUE OR FALSE

14. Dietary guidelines are one-size-fits-all recommendations that apply to everyone, regardless of age, gender, or health status.
15. Lactating women require more protein in their diet than pregnant women.
16. Older adults generally require fewer calories than younger adults due to decreased physical activity and a slower metabolism.

### IV. ANSWER IN ONE SENTENCE

17. Define colostrum.
18. List any two benefits of 'Healthy Snacking'
19. Define Sarcopenia
20. Define 'Water Weight'

### SECTION – B

#### ANSWER ANY FOUR QUESTIONS:

(4x10=40)

21. Discuss the principle of staying hydrated in dietary guidelines. How does adequate water intake support overall health, and what are the general recommendations for daily water consumption?
22. Describe the nutritional requirements for lactating women. How does breastfeeding impact maternal nutrient needs, and what nutrients are particularly important for the quality of breast milk?
23. Write short notes on Anaemia and Bulimia.
24. Elaborate on the role of antioxidants and omega-3 fatty acids in supporting brain health and cognitive function in older adults.
25. Comment on the various adaptations of normal diet for changing needs.
26. Highlight the factors you will consider while planning a packed lunch for school children.

### SECTION – C

#### ANSWER ANY TWO QUESTIONS:

(2x20=40)

27. Write an essay on the various principles of menu planning. Add a note on how it can contribute to sustainability and reduce food wastage.
28. Describe the specific nutritional requirements for pregnant women and the significance of prenatal nutrition for maternal and fetal health.
29. Explore the nutritional challenges faced by the elderly, including malnutrition, undernutrition, and weight loss.
30. Analyze the effectiveness and potential risks of low-carbohydrate diets in managing diabetes. Discuss the impact of low-carb diets on blood sugar control.

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