

**STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI 600 086**  
**(For candidates admitted during the academic year 2023-2024)**

**B.Voc. DEGREE EXAMINATION, NOVEMBER 2024**  
**FOOD PROCESSING AND QUALITY CONTROL**  
**THIRD SEMESTER**

**COURSE : ALLIED CORE**  
**PAPER : NUTRITION THROUGH LIFE CYCLE**  
**SUBJECT CODE : 23VF/VA/NL35**  
**TIME : 3 HOURS** **MAX. MARKS: 100**

<b>SECTION A</b>			
<b>Q. No.</b>	<b>Answer the following :</b>	<b>(10 x 2 =20)</b>	
		<b>CO</b>	<b>KL</b>
1.	What is meant by Pediatrics?	1	1
2.	Define Ketogenic diet.	1	1
3.	Mention the causes of metabolic disorder.	1	1
4.	List the applications of RDA.	1	1
5.	What does BMI mean?	1	1
6.	Distinguish fat soluble and water-soluble vitamins.	1	1
7.	What are the reasons for dietary modification?	1	1
8.	List the benefits of Colostrum.	1	1
9.	Define gluten sensitivity?	1	1
10.	Comment on Nutraceuticals.	1	1
<b>SECTION B</b>			
<b>Q. No</b>	<b>Answer the following:</b>	<b>(8 x 5 =40)</b>	
		<b>CO</b>	<b>KL</b>
11.	a. Distinguish the recommended dietary allowance for reference man and reference women. <b>(or)</b> b. Mention the dietary guidelines for geriatrics.	2	2
12.	a. Interpret the importance of balanced diet for different age groups. <b>(or)</b> b. What are the diets to be followed by pregnant women?	2	2
13.	a. Give an overview of developmental needs of early adolescence. <b>(or)</b> b. Describe the factors considered while planning a packed lunch for school children.	2	2
14.	a. Mention the diagnosis and treatment of Bulimia nervosa. <b>(or)</b> b. Diagnose the health problems related to Obesity.	2	2
15.	a. What are the categories in food exchange system? <b>(or)</b> b. Categorize the five levels of food pyramid.	3	3
16.	a. Infer the nutritional requirements for adults. <b>(or)</b> b. Represent 'MyPlate' concept diagrammatically.	3	3

17.	a. Discuss on the Health complications associated with Geriatrics. (or) b. Highlight the measures to be taken to increase Hemoglobin levels for an anemic person.	3	3
18.	a. Mention the causes and treatment of Diabetes. (or) b. Classify the types of therapeutic diets.	3	3
<b>Q. No.</b>	<b>SECTION C</b> <b>Answer the following :</b> (1 x 20 = 20)	<b>CO</b>	<b>KL</b>
19.	a. Elucidate the nutritional problems associated with adolescents. (or) b. List the causes, symptoms, dietary management, and control measures for Lactose intolerance.	4	4
<b>Q. No.</b>	<b>SECTION D</b> <b>Answer the following:</b> (1 x 20 = 20)	<b>CO</b>	<b>KL</b>
20.	a. Elaborate the considerations and importance of menu planning. Add a note on the factors affecting it. (or) b. Describe the nutritional needs and dietary modifications in relation to adulthood and aging.	5	5

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