



Department of Food Technology  
School of Interdisciplinary Sciences and Technology  
Jamia Hamdard, New Delhi-110062

Roll No.....

2024  
MSc.  
2nd Sem.

END SEM EXAMINATION  
M.Sc. Nutrition and Dietetics, May, 2024,

Paper Title: **Principles of Dietetics**; Paper Code: MDNCC-204

**Time allotted: 3Hrs.**

**Max Marks: 60**

*Important: At the END, mention how many questions from each section you have attempted.*

*Note: Write to the point. Do not insert margins in the answer sheet. Before answering make sure you have mentioned the Question No. & Section.*

**Section-A (2 Marks each, Attempt All)**

| <u>Questions</u> |                                                                                            | <u>Mapping</u> |
|------------------|--------------------------------------------------------------------------------------------|----------------|
| Q1.              | Define Mammogenesis                                                                        | PO:2,3/CO:1    |
| Q2.              | What are the hormonal profiling done in pregnancy                                          | PO:2,3/CO:2    |
| Q3.              | Write the role of placenta in foetal nutrition                                             | PO:2,3/CO:3    |
| Q4.              | What is the RDA and EAR for Sedentary men and women of energy, protein, iron and vitamin A | PO:2,3/CO:4    |
| Q5.              | Give RDA for pregnant and lactating women of energy , protein, iron and calcium            | PO:2,3/CO:5    |

**Section- B (Attempt any 5) (5 Marks Each)**

|       |                                                                                                                                                |             |
|-------|------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| Q6.   | Write in detail importance of breast milk with its types and nutritional importance                                                            | PO:2,3/CO:3 |
| Q7.   | Explain in detail stages of foetal development                                                                                                 | PO:2,3/CO:3 |
| Q8.   | What are the different stages for neuromuscular development in infancy and write about complementary feeding with order of adding in the diet. | PO:2,3/CO:3 |
| Q9.   | Explain the role of nutrition in ADHD                                                                                                          | PO:2,3/CO:2 |
| Q10.  | What are the major body changes happen in old age, enumerate the importance of taking antioxidants during this time period.                    | PO:2,3/CO:3 |
| Q11.  | What is food pyramid? Explain the determinants of food choices?                                                                                | PO:2,3/CO:4 |
| Q 12. | Write a brief note on Balanced diet, food groups and main nutrients provided by them as suggested by ICMR.                                     | PO:2,3/CO:3 |

**Section C (Attempt any 2) (12.5 Marks Each)**

|       |                                                                                                                              |              |
|-------|------------------------------------------------------------------------------------------------------------------------------|--------------|
| Q 13. | What are the risk factors during pregnancy and why nutrients need changes during pregnancy explain in detail.                | PO:2,3 /CO:1 |
| Q14.  | Enumerate the characteristics specific to growth and development among children and adolescents with their nutritional needs | PO:2,3 /CO:2 |
| Q15.  | Specify the principles for diet planning. Describe the steps involved in planning menu.                                      | PO:2,3 /CO:3 |
| Q16.  | Describe low cost balanced diet, food exchanges and planning dietary guidelines to reduce the cost of a meal.                | PO:2,3 /CO:4 |