TILAK MAHARASHTRAVIDYAPEETH, PUNE

M.SC. IN NUTRITION& FOOD SCIENCE

EXAMINATION :APRIL/MAY-2024 THIRD SEMESTER

Sub. : Ayurvedic Nutrition in Obstratics & Pediatrics (M Sc. CB-312)

Date	e: 03/05/2024	Total marks: 60	Time: 2.00 pm to 4.30 pm
Inst	ructions: 1) All questions are compuls 2) Figures to the right indicate		
		SECTION A	
Q. 1	Select the correct alternative	·•	(5)
	1) Following guna is abundan	ntly appear in Anup Pradesh.	
	a) Ruksha	b) Snigdha	
	c) Sheeta	d) Both b & c	
	2) Kshir yavagu is advised in	month of pregnancy.	
	a) 5th	b) 6th	
	c) 8th	d) 9th	
	3) Ksheerannada avastha start	ts at	
	a) birth	b) 5th year	
	c) 2 nd year	d) 12 th year	
	4) Sutika means		
	a) 1 st trimester	b) 3 rd trimester	
	c) Lady after giving birth to	child d) none	
	5) One who drinks water after	r meals	
	a) Renders thin built	b) Remain Healthy	
	c) Renders obese built	d) Renders normal b	puilt
Q. 2	Answer the following question	ons. (Any Two)	(10)
	1) Aahar in Vruddhavastha		
	2) Rules of drinking water		
	3) Aahar in Sutika		
Q. 3	Answer the following question	(15)	
	1) Write in detail about diet d		
	2) Write in detail about impor	rtance of Pathya in maintain health.	

SECTION B

Q. 1	Select the correct alternative.		(5)
	1) Protein requirement of a pregnant women according to ICMR 2010 is		
	a) 82.2g/day	b) 55g/day	
	c) 100g/day	d) 70g/day	
	2) Common allergens in infant	foods are	
	a) Egg white	b) Fish & shell fish	
	c) Peanuts	d) All of the above.	
	3) should be the first food to be given to the infant.		
	a) Breast milk	b) Water	
	c) Honey	d) Glucose	
	4) Deficiency of during pregnancy leads to spina bifida in infants.		
	a)Folate	b) Niacin	
	c) Retinol	d) Ascorbate	
	5) are the risk factors	for GDM.	
	a) PCOS	b) Old maternal age	
	c) Obesity	d) All of the above.	
Q. 2	Answer the following question	ns. (Any One)	(15)
	Describe the nutritional requirements during lactation. Also, highlight upon		
	galactagogues.		
	2) Give RDA for infants & als	so highlight upon weaning.	
Q. 3	Write a Short note. (Any two)	(10)
	Give dietary guidelines during pregnancy.		()
	2) Childhood Obesity.		
	3) Importance of Preconceptua	al nutrition.	
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