



**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 questions. (Any One) (15)**

- 1) Describe the nutritional requirements during lactation. Also, highlight upon galactagogues.
- 2) Give RDA for infants & also highlight upon weaning.

**Q. 3 Write a Short note. (Any two) (10)**

- 1) Give dietary guidelines during pregnancy.
- 2) Childhood Obesity.
- 3) Importance of Preconceptual nutrition.