



**SECTION B**

**Q. 1 Select the correct alternative. (5)**

- 1) Malnutrition in elderly individuals can lead to \_\_\_\_
  - a) Decreased nutrient requirements
  - b) Increased immunity
  - c) Delayed wound healing
  - d) All of the above
- 2) BMR in the old age as compared to the adulthood is \_\_\_\_
  - a) Less
  - b) More
  - c) Remains the same
  - d) None of the above
- 3) What is the primary aim of dietary intervention for the elderly?
  - a) Prolong life
  - b) Maintain quality of life
  - c) Treat chronic disease
  - d) Prevent the development of complications
- 4) Excessive use of antibiotics in old age can lead to the deficiency of \_\_\_\_
  - a) Magnesium
  - b) Potassium
  - c) Calcium
  - d) All of the above
- 5) \_\_\_\_ requirements are increased during age advancement.
  - a) Calcium
  - b) Vit D
  - c) Vit B12
  - d) All of the above

**Q. 2 Answer the following questions. (Any One) (15)**

- 1) Explain the nutritional requirements of geriatrics. Also give the dietary guidelines.
- 2) Dietary guidelines to manage GI disorders during old age & also explain ways to avoid muscle loss & weight loss in old age.

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

- 1) Free radical theory of ageing.
- 2) Drug Nutrients interactions during old age.
- 3) Changes in the body composition during old age.