## UG 2<sup>ND</sup> Semester Examination- 2025 (Under NCCF)

Award           :       B.Sc.
Discipline      :       NUTRITION
Course Type     :       MDC-2
Course Code     :       MDC206
Course Name     :       Nutrition and Public Health
Full Marks      :       35 (Regular)                    Time: 2 Hours

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1.  **Answer any five questions.**                                          $1 \times 5 = 5$
    (a) Define health.
    (b) What is a nutrient?
    (c) Name one macronutrient.
    (d) State one reason for increased nutrient needs during pregnancy.
    (e) What does the acronym KAP stand for in public health?
    (f) Name one anthropometric measurement used to assess nutritional status.
    (g) What is prevalence in epidemiology?
    (h) Write the full form of BMR and SDA.

2.  **Answer any five questions.**                                          $2 \times 5 = 10$
    (a) Differentiate between food and nutrition.
    (b) State two functions of fats in the human body.
    (c) Mention two principles of infant feeding.
    (d) Define 'BMI'.
    (e) What is the importance of generating nutritional awareness in rural areas?
    (f) Mention two public health strategies to reduce malnutrition in children.
    (g) What are the key components of the 'epidemiological triad'?
    (h) What is the common problem of lactation?

3.  **Answer any two questions**                                            $5 \times 2 = 10$

    (a) What is SDA (Specific Dynamic Action)? Discuss its role in energy metabolism.      (2+3)
    (b) Define RDA. Write three uses of ICMR RDA guidelines in diet planning.              (2+3)
    (c) List two key nutrients needed during adolescence. Suggest a balanced diet for a 15-year-old adolescent.                                                          (2+3)
    (d) What is awareness generation in public health? Discuss three community-based methods to spread nutrition awareness.                                                   (2+3)

4.  **Answer any one question.**                                            $10 \times 1 = 10$
    (a) Define primary health care. Write any three interrelationships between food, nutrition, and health. Describe the classification and major functions of nutrients.                (2+3+5)
    (b) What is BMR? What are the factors affecting BMR? How BMR helps in weight management?
                                                                            (2+5+3)

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