

**S-3435**

**Sub. Code**

**23MHF2C1**

**M.Sc. DEGREE EXAMINATION, APRIL 2026.**

**Second Semester**

**Home Science**

**ADVANCED NUTRITION AND DIETETICS**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** the questions.

1. What regulates the level of glucose in the blood?
2. Mention the Importance of dietary fibre.
3. Which body system controls water balance in the body?
4. List the main functions of fat in the body.
5. What helps burn wounds heal faster?
6. Brief the types of enteral feeding.
7. What are the symptoms of gastritis?
8. Give a short note on hepatic coma.
9. Write the main cause of nephrotic syndrome.
10. Mention the signs of high blood glucose.

**Part B**

(5 × 5 = 25)

Answer **all** questions. Choosing either (a) or (b).

11. (a) What is the utilization of carbohydrates in glycolysis?

Or

- (b) Discuss about the relationship between physical activity and energy.

12. (a) Brief about the dietary protein requirements in children.

Or

- (b) How is fluid and electrolyte balance regulated in the body?

13. (a) Detail the role of nutrition in asthma prevention and treatment.

Or

- (b) How would hyperthyroidism affect the patient's general health?

14. (a) Explain the nutritional care and support for patients with tuberculosis.

Or

- (b) What causes excessive flatulence in the elderly?

15. (a) Brief the obesity-causes and its complications.

Or

- (b) Explain the rheumatoid arthritis-symptoms, causes and treatment.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the regulation of blood glucose level and glycemic index.
  17. Write short notes on the following :
    - (a) Fatty acids
    - (b) Water balance.
  18. Summarize on the therapeutic diets : objectives, types and modifications.
  19. Outline the medical nutrition therapy and dietary interventions for gastrointestinal disorders.
  20. Illustrate about the lifestyle modifications to control stress and hypertension.
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**S-3436**

**Sub. Code**

**23MHF2C2**

**M.Sc. DEGREE EXAMINATION, APRIL 2026**

**Second Semester**

**Home Science**

**ADVANCES IN TEXTILES AND CLOTHING**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What is spinning?
2. Define yarn.
3. Discuss about the functioning of temple in loom.
4. List the methods of dyeing.
5. State the term anthropometry.
6. Write a note on draping.
7. How will you store the woolen cloths?
8. Brief on pressing equipment.
9. Discuss about effluent treatment.
10. Write a short note on Eco mark.

**Part B**

(5 × 5 = 25)

Answer **all** questions choosing either (a) or (b).

11. (a) Summarize the process of spinning.

Or

- (b) Classify the types of natural fibers.

12. (a) Explain the parts of loom with suitable diagram.

Or

- (b) Summarize the properties of non-woven fabrics.

13. (a) Describe the tools used for garment manufacturing.

Or

- (b) Enumerate on slash and spread method.

14. (a) Illustrate and explain American care label system.

Or

- (b) Mention the factors to be considered while selecting a clothing for college going girl.

15. (a) Discuss the merits and demerits of Eco labelling.

Or

- (b) Elaborate on nano technology in Textiles.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Classify the types of yarn.
  17. Give a brief note on textile finishes.
  18. Explain about pattern alteration.
  19. Enumerate on pressing methods.
  20. Elaborate the primary effluent treatment process.
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**S-3438**

**Sub. Code**

**23MHF2E3**

**M.Sc. DEGREE EXAMINATION, APRIL 2026**

**Second Semester**

**Home Science**

**Elective – FOOD SAFETY AND QUALITY CONTROL**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Write any three factors that affect food safety.
2. What are toxins? classify.
3. Expand HACCP and give its principle.
4. How are fruits assessed for quality?
5. Write the objectives of FSSAI.
6. Write on AGMARK.
7. Define additives.
8. What are intentional adulterants? Give examples.
9. What do you mean by food safety?
10. Write the components of GMP.

**Part B**

(5 × 5 = 25)

Answer **all** the questions, choosing either (a) or (b).

11. (a) What do you mean by quality safe food?

Or

- (b) Classify and explain food toxins.

12. (a) Discuss about the factors that affect food safety.

Or

- (b) What are the factors that determines milk quality?

13. (a) What are the different types of meat quality?

Or

- (b) Discuss the importance of quality control in food processing industry.

14. (a) Discuss about the elements of TQM.

Or

- (b) Enumerate the hazards of packaging material in food industry.

15. (a) Explain about any five types of additives.

Or

- (b) State the duties of public analyst and food inspector.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Establish the importance of food safety in food processing.

17. Discuss about the sequence of operations to be followed in quality control of food product development.

18. Explain about types of adulteration quoting examples.
  19. Explain in detail about the parameters for assessing the Quality of pulses.
  20. Write in detail on the Food Safety Rules and Regulations of FSSAI, 2011.
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**S-3439**

**Sub. Code**

**23MHF2E4**

**M.Sc. DEGREE EXAMINATION, APRIL 2026**

**Second Semester**

**Home Science**

**Elective – GUIDANCE AND COUNSELLING**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define guidance.
2. List out any two advantages of group counselling?
3. Define skills for a counsellor.
4. What are the steps to follow when counselling?
5. What is the origin of counselling?
6. List out any two merits of counselling.
7. Define a child's right.
8. Benefits of family counselling.
9. Define time management.
10. Define decision making.

**Part B**

(5 × 5 = 25)

Answer **all** the questions, choosing either (a) or (b).

11. (a) Write the difference between guidance and counselling.

Or

- (b) Describe the principles of guidance and counselling.

12. (a) Write the qualifications and qualities of a counsellor.

Or

- (b) List out the do's and don'ts for counselling.

13. (a) What approach did Carl Rogers use? How will the client benefit from using this approach.

Or

- (b) List out any three points on individual vs. group counselling.

14. (a) What is the difference between Pre-marital and Marital counseling

Or

- (b) What are the overview's and benefits of parent counselling.

15. (a) What are the strategies applied to improve communication skills.

Or

- (b) How can we solve social problems in our society.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. What are the advantages and techniques used for group counselling?
  17. Elaborate the three stages of the counselling process and indicate the follow-up and review process.
  18. Write a short note on counselling techniques.
    - (a) Client - centered
    - (b) Counselor - centered
    - (c) Elective counselling
  19. How do family relations and environmental factors affect children's academic achievement in their studies?
  20. Write a short note on the self-improvement program.
    - (a) Study skills training
    - (b) Problem solving techniques
    - (c) Time management
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**S-3440**

**Sub. Code**

**23MHF2S2**

**M.Sc. DEGREE EXAMINATION, APRIL 2026**

**Second Semester**

**Home Science**

**MATERNAL NUTRITION**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What are the important nutrients required during pregnancy?
2. What is the effect of under nutrition?
3. List out the complications of pregnancy.
4. List any two nutritional requirements for lactating mothers.
5. What are the factors affecting breastfeeding?
6. By what age the infant must be introduced to supplements in addition to the breast milk?
7. Write any two supplementary foods for infants.
8. Outline the growth pattern of infants
9. What do you mean by the term severe malnutrition?
10. Give a brief statement about occurrence of anaemia during pregnancy.

**Part B**

(5 × 5 = 25)

Answer **all** the questions, choosing either (a) or (b).

11. (a) Prepare a menu plan for pregnant women.

Or

- (b) How to manage the complication of pregnancy?

12. (a) Write short note on- Intra-uterine growth retardation.

Or

- (b) Write a brief note on endocrinology.

13. (a) Narrate the physiological needs and nutritional support during lactation.

Or

- (b) Write a brief note on post delivery nutritional care.

14. (a) Write short notes on:

(i) Breast milk

(ii) Bottle milk

Or

- (b) Discuss elaborately on the importance of supplementary foods for infants.

15. (a) What is the precaution to be taken during and after pregnancy?

Or

- (b) What are the remedies to overcome the disorders during pregnancy?

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Why maternal nutrition is important. Discuss.
  17. Outline the physiological changes which take place during pregnancy.
  18. Plan a diet chart for lactating mother ensuring good health.
  19. 'Breast milk is the best milk'. Justify the statement.
  20. Explain in detail about the common disorders during pregnancy.
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**S-3441**

**Sub. Code**

**23MHF4C1**

**M.Sc. DEGREE EXAMINATION, APRIL 2026**

**Fourth Semester**

**Home Science**

**PUBLIC HEALTH NUTRITION**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define Health.
2. Mention any four determinants of health status.
3. Write Four symptoms of PEM.
4. Define nutritional surveillance.
5. What is food fortification? Give two examples.
6. Expand FAO, WHO, UNICEF, AFPRO and NIPCCD
7. Name the communicable diseases spread during emergencies.
8. Write the functions of DFRL.
9. List any five objectives of nutrition education.
10. Write the uses of Posters in nutrition education.

**Part B**

(5 × 5 = 25)

Answer **all** questions choosing either (a) or (b).

11. (a) Explain the relationship between health and nutrition.

Or

- (b) Describe the indicators of health.

12. (a) Explain any one direct method of Nutritional Assessment.

Or

- (b) Explain the Food Balance Sheet.

13. (a) Explain the importance and Schedule of immunization.

Or

- (b) Write a note on Mid-Day Meal Programme and its objectives.

14. (a) Describe the role of UNICEF in combating malnutrition.

Or

- (b) Explain the functions of NIN.

15. (a) Discuss the principles of planning a nutrition education programme for a rural community.

Or

- (b) Write short notes on AV aids used in nutrition education.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain in detail the national health care delivery system in India.
  17. Describe the prevalence, etiology, symptoms and prevention of Vitamin-A deficiency disorders.
  18. Discuss the causes of malnutrition and the vicious cycle associated with it.
  19. Explain in detail the various nutrition intervention programmes in India.
  20. Describe the nutritional requirements during space missions and sea voyages.
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**S-3442**

**Sub. Code**

**23MHF4C2**

**M.Sc. DEGREE EXAMINATION, APRIL 2026**

**Fourth Semester**

**Home Science**

**NUTRITION THROUGH LIFECYCLE**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Brief about the infant formula.
2. What is lactose intolerance?
3. Mention the two diseases of PEM.
4. What are the major symptoms of ADHD?
5. Give the symptoms of an eating disorder.
6. Concise the signs and symptoms of high estrogen levels in women.
7. Write about gestational diabetes.
8. Sum-up the difference between preeclampsia and eclampsia.
9. What is meant by occupational hazard?
10. Outline the nutritional problems of the elderly

**Part B**

(5 × 5 = 25)

Answer **all** questions choosing either (a) or (b).

11. (a) Elucidate the considerations for development of low-cost supplementary.

Or

- (b) Mention the problems in Fetal Alcohol Syndrome (FAS).

12. (a) Discuss about the Protein-Energy Malnutrition (PEM).

Or

- (b) Differentiate between stunting and underweight.

13. (a) Explain the importance of healthy eating during adolescence.

Or

- (b) Address the pros and cons of some popular extreme weight-loss diets.

14. (a) How does smoking and drinking affect a baby?

Or

- (b) Brief how food preferences change during pregnancy.

15. (a) Write about the common geriatric problems and their management.

Or

- (b) Explain the nutritional concern in adulthood related to nutrient deficiencies.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain about the growth and nutritional assessment of infants.
  17. Summarize the Factors influencing food preferences and eating behaviour in childhood.
  18. Write a short note on the following:  
(a) PCOD      (b) Obesity
  19. Enumerate the factors affecting female fertility and preventive measures.
  20. Address the common nutritional concerns for the elderly.
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**S-3443**

**Sub. Code**

**23MHF4E1**

**M.Sc. DEGREE EXAMINATION, APRIL 2026**

**Fourth Semester**

**Home Science**

**Elective — NUTRITION FOR HEALTH AND FITNESS**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What is cardiovascular fitness?
2. Brief about the muscular endurance.
3. Concise on the energy input and output.
4. Sum up on the team sports.
5. Do the nutritional needs of athletes differ from non-athletes?
6. Why should sports persons and athletes drink more water?
7. Point out the problems with weight loss.
8. Outline why is weight management important in adulthood.
9. Is coconut water an electrolyte?
10. Name the nutrient that gives instant energy to a sports person.

**Part B**

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Why is health and fitness important?

Or

- (b) Comment on the types of exercise that are best for weight loss.

12. (a) Brief about the fat supplementation, health, and endurance performance.

Or

- (b) Address about the important components of a healthy diet.

13. (a) Mention the three principles of sports nutrition.

Or

- (b) Explain about the foods to be limited or avoided during the sports activity.

14. (a) Discuss the complications of obesity and overweight.

Or

- (b) Outline the key components of a diet plan for obesity.

15. (a) Write about the ergogenic aids in sports nutrition.

Or

- (b) Detail the common nutritional deficiencies in athletes.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Elaborate on the role of nutrition in physical fitness and well-being.
  17. Summarize the energy systems in our body - exercise physiology.
  18. Justify — Eat smart : choose healthy pre and post-game meals.
  19. Illustrate about the strategies for fat reduction and weight management.
  20. Highlight on the nutraceuticals and nutrition supplements : challenges and opportunities.
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**S-3445**

**Sub. Code**

**23MHF4S1**

**M.Sc DEGREE EXAMINATION, APRIL 2026**

**Fourth Semester**

**Home Science**

**HOME SCIENCE FOR COMPETITIVE EXAMINATIONS**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Draw a food pyramid.
2. Write any two physical properties of food.
3. What is non-renewable energy?
4. Why resource management is important in Home science education?
5. What is block printing?
6. Write a short note on quality control in textile industry.
7. Differentiate between woven and knitted fabrics.
8. What you mean by neonatal development?
9. Write any two principles of growth and development.
10. Write any two methods of extension education.

**Part B**

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Explain the significance of clinical and therapeutic nutrition.

Or

- (b) Elaborate the application of food service management knowledge in educational institutions.

12. (a) Define management and its functions in detail.

Or

- (b) Elaborate the principles of flower arrangements.

13. (a) Describe the procedure to be followed for body measurements in detail.

Or

- (b) Elucidate pattern making process with examples.

14. (a) Explain the role of Human development personnel in dealing the persons with special needs.

Or

- (b) Explain the psychological changes occurs due to aging with examples.

15. (a) List out the approaches of community development in detail.

Or

- (b) Discuss in detail about barriers of communication.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain in detail about the methods of conducting nutritional assessment.
  17. Illustrate the dimensions of colour and its psychological effects with examples.
  18. Explain the process of textile finishing and its significance in detail.
  19. What are human rights? Elaborate the need and importance of children rights.
  20. Elaborate the role of extension communication in developing the community with examples.
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