

**R5766**

**Sub. Code**

**453N01**

**M.A. DEGREE EXAMINATION, NOVEMBER 2021.**

**Seventh Semester**

**Integrated Home Science  
(Specialization - I Nutrition and Dietetics)**

**COMMUNITY NUTRITION AND NUTRITION  
EDUCATION**

**(CBCS – 2018 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define community nutrition.
2. List the nutritional assessment methods.
3. What is PEM?
4. Define food security.
5. Write the objectives of ICDS.
6. IFPRI.
7. Write the meaning of extension.
8. What is extension approaches?
9. Write the principles of national extension system.
10. What is meant by KVK?

**Part B**

(5 × 5 = 25)

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

11. (a) Explain about the characteristics of community

Or

- (b) Discuss about bio-physical examination method.

12. (a) Explain about iodine deficiency disease.

Or

- (b) Explain about the prevalence programme of anaemia.

13. (a) Write and explain ICMR.

Or

- (b) Discuss about AUSAID.

14. (a) Write and explain the components and dimension of extension education.

Or

- (b) Explain conscientization models.

15. (a) Describe the critical appraisal of the community development programme.

Or

- (b) Explain ICAR extension system.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Briefly explain about anthropometric methods.
  17. Explain the national and international approaches to improve food security.
  18. Describe the objectives and operation of chief minister noon meal programme.
  19. Explain the empowerment participation model.
  20. Discuss briefly about extension systems of ministry of rural development.
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**R5767**

**Sub. Code**

**453N02**

**M.A. DEGREE EXAMINATION, NOVEMBER 2021.**

**Seventh Semester**

**Integrated Home Science  
(Specialization – I Nutrition and Dietetics)**

**ADVANCED FOOD SCIENCE**

**(CBCS – 2018 onwards)**

Time : Three Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. List out the cooking methods.
2. Draw the structure of wheat.
3. Write the advantages of germination.
4. List the pigments present in fruits and vegetables.
5. What is tenderization of meat?
6. Write the curing of fish.
7. Define pasteurization.
8. List the types of sugar.
9. Classify the types of beverages.
10. What is food adulteration?

**Part B**

(5 × 5 = 25)

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

11. (a) Explain basic five food groups.

Or

- (b) Draw and explain the structure and composition of rice.

12. (a) Discuss about the toxic constituents in pulses.

Or

- (b) Write the composition and nutritive values of nuts and oil seeds.

13. (a) Explain the post-mortem changes of meat.

Or

- (b) Discuss about the factors affecting foam formation.

14. (a) Explain the effect of enzymes on milk proteins.

Or

- (b) Explain the pasteurization of milk.

15. (a) Write about the process of cocoa in chocolate preparation.

Or

- (b) Uses of spices in cookery.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Briefly explain the functional classification of foods.
  17. Discuss briefly about classification and composition of fruits and vegetables.
  18. Explain the changes during cooking on meat.
  19. Describe briefly about the types and prevention of rancidity.
  20. Briefly explain about FPO.
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**R5768**

**Sub. Code**

**453N04**

**M.A. DEGREE EXAMINATION, NOVEMBER 2021.**

**Seventh Semester**

**Integrated Home Science  
(Specialization – I Nutrition and Dietetics)**

**NUTRITION THROUGH LIFE CYCLE**

**(CBCS – 2018 onwards)**

Time : Three Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define meal planning.
2. What is sound health?
3. Write the role of placenta during pregnancy.
4. What is meant by expressed milk?
5. Write the importance of protein in human milk.
6. Expand: DHA, NEPA.
7. What is pica?
8. Define bitots spots.
9. Mention any two physical signs of anorexia nervosa.
10. Give any four nutrition related problems of old age.

**Part B**

(5 × 5 = 25)

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

11. (a) Write the general concepts about growth and development through different stages of life.

Or

- (b) Explain the principals involved in meal planning

12. (a) Enumerate the physiological changes during pregnancy.

Or

- (b) Explain the complications and nutritional problems in pregnancy.

13. (a) Write the advantages of breast feeding.

Or

- (b) Explain the problems in feeding of normal and premature infants.

14. (a) Elaborate the eating problems of children and their management.

Or

- (b) Explain about packed lunch and their importance.

15. (a) Explain iron deficiency anaemia and dietary management for an adolescent girl.

Or

- (b) Write the nutritional requirement of the adult in relation to occupation.



**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Write the factors affecting meal planning for a family containing four members in adult stage.
  17. Elaborate the physiology of lactation, hormonal control.
  18. Write the importance of weaning foods and elaborate any two weaning foods commonly available in our state.
  19. Enumerate the factors to be considered while planning meals for pre-school children and write any two supplementary foods using locally available foods sources.
  20. Describe nutritional problems of aged and their dietary management in detail.
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**R5769**

**Sub. Code**

**453N05**

**M.A. DEGREE EXAMINATION, NOVEMBER 2021.**

**Seventh Semester**

**Integrated Home Science  
(Specialization - I Nutrition and Dietetics)**

**RESEARCH METHODOLOGY**

**(CBCS – 2018 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks.

1. Define research.
2. Define hypothesis.
3. Mention the types of variables.
4. What is a sample?
5. Differentiate qualitative and quantitative research.
6. List the tools of data collection.
7. How will you define data representation?
8. What is histogram?
9. Define non-parametric statistics.
10. What is coefficient of correlation?

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the objectives of research.

Or

- (b) Describe the different steps in identifying a research problem.

12. (a) Differentiate basic and action research.

Or

- (b) Write a short note on cohort study.

13. (a) Describe rating scale. List its merits and demerits.

Or

- (b) Elaborate the types of qualitative research.

14. (a) Enumerate on classification of data.

Or

- (b) Illustrate the measures of central tendency.

15. (a) Brief on analysis of variance.

Or

- (b) How do you determine type 1 and type 2 errors?

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Enumerate the types of research.
  17. What is probability sampling? Explain its types with suitable examples.
  18. Detail on questionnaire and its types.
  19. Elaborate the types of frequency distribution.
  20. Define parametric test. Explain the types of parametric tests in detail.
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**R5770**

**Sub. Code**

**453EC1**

**M.A. DEGREE EXAMINATION, NOVEMBER 2021.**

**Seventh Semester**

**Integrated Home Science  
(Specialized - I Nutrition and Dietetics)  
(Specialization - II Fashion Tech. and Garment  
Construction)**

**WOMEN AND SOCIETY**

**(CBCS – 2018 onwards)**

**(Common for M.A., Home Science (N & D) and  
M.A., Home Science (Fashion Tech.  
and Garment Construction)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks.

1. List any two roles of women in ancient India.
2. Define society.
3. When and where was Chipko Movement started?
4. Mention the objectives of environmental movement.
5. What are the two most practiced religions?
6. Point out the important contributions of any two women leaders who fought for women's rights.
7. What has been the result of women's participation in the Panchayat?
8. Highlight the functions of Panchayati Raj.

9. Expand AIWC and WIC.
10. Write two objectives of NGO's

**Part B** (5 × 5 = 25)

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

11. (a) Describe the contributions of social reform movements in women upliftment.

Or

- (b) Explain the status of women education in India.

12. (a) Write a short note on Narmada valley project.

Or

- (b) Write a note on Peasant Movement.

13. (a) Give an account of caste system in India.

Or

- (b) Describe the portrayal of women in Islam.

14. (a) Write a short note on international women in parliament through ages.

Or

- (b) Narrate the role of local women in politics.

15. (a) Write a short note on Indian Association of Women's studies.

Or

- (b) Elaborate the role of NGO in women's development in India.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Discuss the role of women in Modern Indian society.
  17. Explain the contributions of women in Indian Independence movement.
  18. Elaborate on the works of men social reformers who worked for women liberation.
  19. Detail on women and political participation.
  20. Elaborate on the various organisations working towards women's development.
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**R5774**

**Sub. Code**

**453N11**

**M.A. DEGREE EXAMINATION, NOVEMBER – 2021**

**Nineth Semester**

Integrated Home Science (Specialization – I : Nutrition  
and Dietetics)

**MICRONUTRIENTS**

**(CBCS – 2017 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define toxicity.
2. List out the foods which are good sources of vitamin k?
3. List the types of water soluble vitamins?
4. Write a short note on folic acid.
5. Give examples of calcium rich foods.
6. How will you define absorption?
7. Name any four iron rich foods.
8. How does magnesium help in our diet?
9. What do you mean by fat soluble vitamins?
10. How will you define micro minerals?



**Part B**

(5 × 5 = 25)

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

11. (a) Explain the physiological functions and food sources of Vitamin A deficiency.

Or

- (b) Write a note on RDA.

12. (a) Discuss about the deficiency disorders of ascorbic acid.

Or

- (b) Describe the physiological functions and sources of biotin.

13. (a) Explain the deficiency disorder of sodium.

Or

- (b) Write in detail on digestion and absorption of phosphorous.

14. (a) Elaborate the metabolism of zinc.

Or

- (b) Write the sources and deficiency disorder of magnesium.

15. (a) Differentiate between macro and micro minerals.

Or

- (b) Write a note on fat soluble vitamins.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Elucidate the deficiency disorders of Vitamin D and E in detail.
  17. Explain the digestion and absorption of Pantothenic acid.
  18. Elaborate the deficiency disorders of calcium and potassium.
  19. Explain about the digestion and absorption of Iron.
  20. Discuss the interrelationship between minerals and vitamins.
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**R5775**

**Sub. Code**

**453N12**

**M.A. DEGREE EXAMINATION, NOVEMBER – 2021**

**Nineth Semester**

**Integrated Home Science (Specialization – I : Nutrition  
and Dietetics)**

**THERAPEUTIC NUTRITION**

**(CBCS – 2017 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks.

1. Define therapeutic diet.
2. List out the food choices for soft diet?
3. Write the symptoms of Cirrhosis.
4. What is dialysis?
5. Name the types of obesity.
6. Define atherosclerosis?
7. Mention any two complications of diabetes mellitus.
8. Write in short note about the eating problems in cancer.
9. What do you mean by allergy?
10. Expand AIDS.

**Part B**

(5 × 5 = 25)

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

11. (a) Explain in detail on Ulcerative Colitis.

Or

- (b) Write the objectives of diet therapy.

12. (a) Discuss on dietary management in Nephrosis.

Or

- (b) Elaborate on Nutrition and Alcoholism.

13. (a) Describe the dietary modifications in management of Obesity.

Or

- (b) Briefly write the types, signs and symptoms of Anaemia.

14. (a) What are the types of insulin? Write the long-term and short-term complications of Diabetes Mellitus.

Or

- (b) Discuss on causes of cancer cell development.

15. (a) Write a short note on HIV.

Or

- (b) Describe on dietary management for nervous disorder.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Discuss on diet planning and use of exchange list in nutrient calculation.
  17. Explain in detail on Dialysis.
  18. Write about the prevention and dietary management for atherosclerosis.
  19. Explain the disorders of Pancreas.
  20. Describe the dietary management of musculoskeletal system disorder.
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**R5776**

**Sub. Code**

**453N14**

**M.A. DEGREE EXAMINATION, NOVEMBER – 2021**

**Nineth Semester**

**Integrated Home Science (Specialization – I :  
Nutrition and Dietetics)**

**NUTRACEUTICALS AND NUTRIGENOMICS**

**(CBCS – 2017 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What is known as functional foods?
2. Define Nutraceuticals.
3. Expand “FOSHU”.
4. How will you define health?
5. What is mean by probiotics?
6. Give any two macrobiotic functions.
7. What do you mean by Nutrigenomics?
8. What is gene expression?
9. Write a short note on complex diseases.
10. Give some examples of amino acids.

**Part B**

(5 × 5 = 25)

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

11. (a) Write about the difference between functional foods and traditional foods.

Or

- (b) Explain the classification of nutraceuticals on plant-based sources.

12. (a) Discuss the concepts of dietary supplements with suitable examples.

Or

- (b) Explain regulatory aspects and nutraceuticals in health and disease.

13. (a) What is prebiotic? Explain the role of prebiotic in nutraceuticals.

Or

- (b) Briefly write on gastro intestinal tract with metabolic functions.

14. (a) Write a short note on nutrigenomics.

Or

- (b) Elaborate the nutritional implications of gene expression.

15. (a) Write the basic concepts of nutrigenomics in diabetes.

Or

- (b) Explain the nutritional control of nucleotides.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the classifications of nutraceuticals.
  17. Discuss the functions of photochemical with suitable examples.
  18. Elaborate on prebiotics and probiotics.
  19. Write in detail on transcription and translation modification in gene expression.
  20. Explain the basic concepts of nutrigenomics in obesity.
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**R5777**

**Sub. Code**

**453EC4**

**M.A. DEGREE EXAMINATION, NOVEMBER – 2021**

**Nineth Semester**

**Integrated Home Science (Specialization – I : Nutrition  
and Dietetics)**

**POLICIES AND PROGRAMMES FOR WOMEN**

**(CBCS – 2017 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Expand the term PMRY.
2. Enlist the objectives of Mahalir thiffam.
3. Label the term Rehabilitation.
4. List out the special programmes in social welfare state department.
5. Define the term health.
6. Label the term “ sanitation”.
7. What is called as social assistance?
8. List out the social assistance schemes.
9. Expand the term ICDS.
10. Enlist the objectives of noon-meal programme.

**Part B**

(5 × 5 = 25)

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

11. (a) Brief out the 'SGSY' programme.

Or

- (b) Write a short notes on financial assistance in women development.

12. (a) Explain the role of district disable rehabilitation centre.

Or

- (b) Write the functions of district social welfare department.

13. (a) Describe the special programmes for employment development.

Or

- (b) Discuss the role of energy and environment.

14. (a) List out the central social assistance schemes.

Or

- (b) Brief out the state social assistance schemes.

15. (a) Discuss the beneficiaries of ICDS.

Or

- (b) Explain the history of non-meal programme.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain in detail about 'MGNREGS' programme.
  17. Discuss the role of social welfare departments in women's development.
  18. Explain the special programmes for health and sanitation development.
  19. Discuss the state level social assistance schemes in women's development.
  20. Explain the importance and functions of ICDS.
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**R5778**

**Sub. Code**

**453EC5**

**M.A. DEGREE EXAMINATION, NOVEMBER – 2021**

**Nineth Semester**

**Integrated Home Science (Specialization – I : Nutrition  
and Dietetics)**

**HOUSE KEEPING AND FRONT OFFICE MANAGEMENT**

**(CBCS – 2017 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

**(10 × 2 = 20)**

Answer **all** questions.

1. Define Housekeeping.
2. What is guest satisfaction in a hotel?
3. Who is housekeeping personnel?
4. What is uniform room?
5. What role does a cashier play in the front office department?
6. What is spring cleaning?
7. What is hell desk?
8. State the responsibilities of a night audit manager.
9. What is Whitney System of Reservation?
10. What is folio?

**Part B**

(5 × 5 = 25)

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

11. (a) What are the area of responsibilities of housekeeping department?

Or

- (b) What are the role of housekeeping for guest satisfaction?

12. (a) Highlight the job description of Desk Control Supervisor.

Or

- (b) Mention the duties and responsibilities of a Public Area Supervisor.

13. (a) Discuss the functions of housekeeping control desk.

Or

- (b) What points should be kept in mind while storing cleaning agent?

14. (a) Discuss the role front office in a hotel.

Or

- (b) Discuss the Hotel Receptionist duties and responsibilities.

15. (a) What skills do you need for a cashier?

Or

- (b) What are sources of reservations?

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Describe the functions and responsibilities of housekeeping department.
  17. Highlight the qualities of housekeeping staff.
  18. Describe the files and registers maintained at the control desk.
  19. Focus the qualities of front office personnel.
  20. Discuss the duties and responsibilities of a receptionist.
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