



বিদ্যাসাগর বিশ্ববিদ্যালয়  
**VIDYASAGAR UNIVERSITY**

**Question Paper**

**B.Sc. Honours Examinations 2020**

(Under CBCS Pattern)

**Semester - VI**

**Subject: NUTRITION**

**Paper: DSE - 3 (T + P)**

**(Geriatric Nutrition – Theory + Practical)**

**(Nutrition Communication for Health Promotion – Theory + Practical)**

**(Personnel Management and Food Service Management –  
Theory + Practical)**

**Full Marks: 40 (Theory) + 20 (Practical) = 60**

**Time: 4 Hours**

*Candidates are required to give their answer in their own  
words as far as practicable.*

*Questions are of equal value.*

Answer any **one question** [within 250 words] from each Part.

**Part A: Geriatric Nutrition (Theory)**

1. Explain the nutritional requirement in old age with dietary modification.
2. Enumerate your idea about Drug, food, and nutrient interaction in geriatric people.
3. Write the different behavior therapies implemented for elder person. Write the effect of music therapy on them.



4. Briefly discuss about different degenerative disorders in elderly.
5. What are the physiological & biochemical changes which occur during old age?
6. Write a note on different geriatric services in both western countries & India.
7. What are the major nutritional & health problems during old age?
8. Discuss the roles of different governmental organizations and NGOs in the promotion of socio-economic status of elderly people?
9. Define Dependency Ratio and Generational equality? How do physiology & social process interact & effect on ageing process?
10. How does ageing occur through biological process? Write briefly different theories of ageing.
11. What is demography? Write the mortality & morbidity rate of geriatric population in India.
12. Mention different ethical issues related to medicine application on geriatric population? Discuss briefly. Discuss different life sustaining measures required for elderly person?

### **Part B: Geriatric Nutrition (Practical)**

1. Submit a field visit report on old age home. [In report you should mention proper procedure for assessing nutritional status & diet counseling]
2. Write the method of preparation of any soft diet useful for older person. Describe the nutritional importance of soft diet.
3. Prepare a semi-solid menu for an older person above age group of 65 years.
4. Prepare a nutritious & calorie dense balanced daily menu. Write the nutritional aspects of this specific menu.



### **Part A: Nutrition Communication for Health Promotion (Theory)**

1. Define Indian Adult “Reference Man” and “Reference Woman”? Discuss the food based dietary guidelines of India.
2. Discuss the guidelines of WHO regarding fortification of rice with vitamins and minerals.
3. Elaborate the influence of different factors regulating food choice.
4. Discuss the role of nutrients in the regulation of health behaviour.
5. List the Dietary Guidelines for an Indian Adult Reference Woman.
6. What do you mean by stakeholders? Describe the role of stakeholders in nutrition promotion.
7. Define Nutrition Advocacy. Mention the different types of advocacy tools and techniques you can use for good breastfeeding practices.
8. Discuss the social and cultural food myths and taboos that may contribute to malnutrition in pregnant mothers.
9. Define Ethics. Elaborate the different ethical issues applicable for nutrition and health communication.
10. Discuss the different criteria in the formulation of training strategies for trainers and their capacity building.
11. Discuss the different methods of evaluation of social and behaviour change communication Programmes.
12. What do you mean by communication system? Discuss the role of effective communication system on public perceptions and willingness to use products with health claims.



### **Part B: Nutrition Communication for Health Promotion (Practical)**

1. How would you plan a communication strategy on IDA (Iron Deficiency Anemia) for pregnant mothers visiting a Primary Health Care Centre?
2. Explain any one method you have used in the field for Nutrition communication.
3. Discuss about one public health problem that you have faced in your hometown.
4. List and explain briefly, the various types of visual aids you have used for Nutrition Communication in the community.
5. Write about one communication strategy being used in any one public health nutrition programme in the community.
6. How would you plan a communication strategy for Nutrition Education among students in the age group of 13-17years?

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### **Part A: Personnel Management and Food Service Management (Theory)**

1. Describe the functions and tool of management. What is organization? Write the types of organization.
2. Discuss about the technique of effective management and its application to food preparation and science.
3. Write the importance of food material management. Write down the factors influences the selection and purchase of food in a food service unit.
4. Describe the function and responsibility of a storekeeper. How do the storekeepers follow the quality control inside a food service unit?
5. What do you mean by personnel management? Enumerate your idea about different motivation incentives in the way of improvement of the work performance in a company.
6. What is budgeting? Write the objectives and function of budgeting. Describe the features of labour legislation.
7. Discuss the criteria of recruitment, selection and training of personalities.
8. What is food law? Discuss about the operational function of food-service management.
9. How sanitation and hygiene is maintained in a food service unit?
10. Describe about different types of menu served in a food service establishment.
11. Briefly discuss about the process of food material management. What are the strategic decisions should be adopted in organization?
12. Discuss about the equipment and infrastructure set up in a food service unit?
13. What do you mean by leadership? Discuss the role of successful leadership on Human Resource Management and Performance Improvement.



**Part B: Personnel Management and Food Service Management (Practical)**

1. Give a plan of costing and budget making in a food service unit.
2. Enumerate the criteria of maintaining personal hygiene as well as clothing of the staff involved in kitchen area of a food service unit.
3. Prepare a report for Personnel recruitment in a food sector.
4. Prepare an inventory for evaluating staffs' personal hygiene.
5. Give a report of your visit to a professional Food Service Outlet
6. Make a plan of inventory of requirements and budgeting of a forthcoming Conferencing & Banqueting.

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