



ASSIGNMENT SET – 5

## **Mugberia Gangadhar Mahavidyalaya**

**Department of Nutrition**

**B.Sc Hon. (CBCS)**

**Semester-III**

**Paper Code: - CC5-T : FAMILY MEAL MANAGEMENT AND MEAL PLANNING**

1. write down the psychology of pregnant mother?
2. write down the non nutritional factors that affect pregnancy.
3. write down the nutritional requirements during pregnancy.
4. Briefly describe the short note of common problems during pregnancy.
5. Write down the nutritional requirements in lactation period.
6. Advantages of breast feeding of mother and child.
7. How we will managed a pre term baby and low birth weight baby?
8. Difference between complementary and supplementary foods.
9. Write down the composition and importance of colostrums.
10. Write down the nutritional requirements of athletes.
11. Briefly describe the different growth assessment.
12. What type of diet provide space person's?
13. Difference between breast feeding and bottle feeding.
14. Write down the dietary management of adolescence.
15. Write down the geriatric health problems and it's nutritional care .

Head  
Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya