

उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज  
अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science Human Nutrition (UGHN)**

2021-2022

विषय - मानव पोषण

**Subject : Human Nutrition**

कोर्स शीर्षक : आहार एवं पोषण के आधारभूत तत्व

**Course Title : Fundamentals of food & Nutrition**

**Semester - 1<sup>st</sup>**

विषय कोड : यू.जी.एच.एन.

**Subject Code : UGHN**

कोर्स कोड : यू.जी.एच.एन.-१०१

**Course Code : UGHN -101**

अधिकतम अंक : 30

**Maximum Marks: 30**

**Section - A**  
खण्ड - 'अ'

अधिकतम अंक : 18  
**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें । सभी प्रश्न अनिवार्य है ।

**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**

**Answer all question. All questions are compulsory**

- प्र० 1 – पोषण से आप क्या समझते हैं? पोषण एवं स्वास्थ्य के मध्य संबंध पर चर्चा कीजिए । 6  
What do you understand by Nutrition? Discuss the interrelationship between Nutrition and health.
- प्र० 2 – लौह तत्व के कार्य, आहारिय स्रोत एवं कमी का शरीर पर होने वाले प्रभाव के बारे में विस्तारपूर्वक लिखिए । 6  
Write in detail about the functions, dietary sources and effect of deficiency of Iron on Human body.
- प्र० 3 – हम भोजन क्यों पकाते हैं? पाक क्रिया का भोजन के पोषक मूल्य पर क्या प्रभाव पड़ता है? 6  
Why do we cook food? What are the effect of cooking on Nutritive value of food?

**Section - B**  
खण्ड - 'ब'

अधिकतम अंक : 12  
**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें । सभी प्रश्न अनिवार्य है ।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**

**All questions are compulsory**

- प्र० 4 – भोजन के क्या कार्य हैं? 2  
What are the functions of food?
- प्र० 5 – परिभाषित करें— पर्याप्त पोषण, अच्छा पोषण तथा कुपोषण । 2  
Define – Adequate Nutrition, Good Nutrition and Mal Nutrition.
- प्र० 6 – थायमीन के कार्यों की चर्चा करें । 2  
Discuss the functions of Thiamine.
- प्र० 7 – पोषण को परिभाषित करें । 2  
Define Nutrition?
- प्र० 8 – पूरक आहार से आप क्या समझते हैं? 2  
What do you understand by supplementary food?
- प्र० 9 – मानव आहार में रेशे की क्या भूमिका है? 2  
What is the role of fiber in human food?

उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज

अधिन्यास (Assignment)

मानव पोषण में स्नातक

Bachelor of Science Human Nutrition (UGHN)

2021-2022

विषय - मानव पोषण

Subject : Human Nutrition

कोर्स शीर्षक : मानव शरीर क्रिया विज्ञान एवं पोषण का परिचय

Course Title : Introduction to Human physiology & Nutrition

Semester - 1<sup>st</sup>

विषय कोड : यू.जी.एच.एन.

Subject Code : UGHN

कोर्स कोड : यू.जी.एच.एन.-१०२

Course Code :UGHN -102

अधिकतम अंक : 30

Maximum Marks: 30

Section - A

खण्ड - 'अ'

अधिकतम अंक : 18

Maximum Marks: 18

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

Note : Long Answer Question. Answer should be written in 800 to 1000 words.

Answer all question. All questions are compulsory

प्र० 1 - हृदय की संरचना एवं कार्यों का सचित्र वर्णन करें।

6

Describe indetail the structure and functions of heart with the help of diagram.

प्र० 2 - प्रोटीन के पाचन में कौन सा एन्जाइम सहायक है? प्रोटीन की जैव उपलब्धता को प्रभावित करने वाले कारकों के बारे में विस्तारपूर्वक लिखिए।

6

Which enzymes are helpful in digestion of protein? Write in detail about the factors affecting protein bio-availability?

प्र० 3 - मानव पाचन तन्त्र को चित्रों की सहायता से समझाइए।

6

Describe the human digestive system with the help of diagram.

Section - B

खण्ड - 'ब'

अधिकतम अंक : 12

Maximum Marks: 12

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

Note : Short Answer Question. Answer should be written in 200 to 300 words.

All questions are compulsory

प्र० 4 - NPU क्या है।

2

What is NPU?

प्र० 5 - रक्त समूह को परिभाषित करें।

2

Define blood groups.

प्र० 6 - शरीर के ताप नियमन में त्वचा की क्या भूमिका है?

2

What is the role of skin in regulation of body temperature?

प्र० 7 - मानव शरीर के लिए जिंक क्यों महत्वपूर्ण है?

2

Why Zinc is important for human body?

प्र० 8 - रक्तचाप के बारे में संक्षिप्त टिप्पणी लिखिए।

2

Write short note about blood pressure.

प्र० 9 - जल के कार्यों के बारे में चर्चा कीजिए।

2

Discuss the functions of water?

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2021-2022

विषय - मानव पोषण

Subject : Human Nutrition

कोर्स शीर्षक :

Course Title : Nutritional Biochemistry

Semester - 1<sup>st</sup>

विषय कोड : यू.जी.एच.एन.

Subject Code : UGHN

कोर्स कोड : यू.जी.एच.एन.-१०३

Course Code : UGHN -103

अधिकतम अंक : 30

Maximum Marks: 30

Section - A

खण्ड - 'अ'

अधिकतम अंक : 18

Maximum Marks: 18

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य हैं।

Note : Long Answer Question. Answer should be written in 800 to 1000 words.

Answer all question. All questions are compulsory

प्र० 1 - एन्जाइमों के वर्गीकरण पर एक विस्तृत लेख लिखिए। 6

Write a detailed note on classification of enzymes.

प्र० 2 - निम्न पर संक्षिप्त टिप्पणी लिखिए।

1. वसीय अम्लों की विशेषताएं।

2. ग्लाइकोलिपिड्स की संरचना

6

Write short comment on followings -

1. Properties of fatty acids.

2. Structure of glycolipids.

प्र० 3 - पीयूष ग्रंथि, थायराइड ग्रंथि एवं अधिवृक् ग्रंथि के हार्मोन्स के महत्व की विस्तारपूर्वक चर्चा कीजिए ? 6

Discuss in detail the importance of Hormones of pituitary. Thyroid and adrenal glands. ?

Section - B

खण्ड - 'ब'

अधिकतम अंक : 12

Maximum Marks: 12

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य हैं।

Note : Short Answer Question. Answer should be written in 200 to 300 words.

All questions are compulsory

प्र० 4 - आवश्यक एवं अनावश्यक अमीनो अम्ल के बारे में संक्षिप्त नोट लिखिए। 2

Write a short note on essential and non essential amino acids.

प्र० 5 - डाईसैकराइड की संरचना को समझाइए। 2

Explain the structure of disaccharides.

प्र० 6 - अम्ल क्षार संतुलन को परिभाषित कीजिए। 2

Define acid base balance.

प्र० 7 - वसा को वर्गीकृत कीजिए। 2

Classify the lipids.

प्र० 8 - प्रोटीन की संरचना को समझाइए। 2

Explain the structure of proteins.

प्र० 9 - पोलिसैकराइड की विशेषताओं पर एक संक्षिप्त नोट लिखिए। 2

Write a short note on properties of polysaccharides.

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Bachelor of Science Human Nutrition (UGHN)

2021-2022

विषय - मानव पोषण

विषय कोड : यू.जी.एच.एन.

Subject : Human Nutrition

कोर्स शीर्षक :

Course Title : Community Nutrition

Semester - 2<sup>nd</sup>

Subject Code : UGHN

कोर्स कोड : यू.जी.एच.एन.-१०४

Course Code : UGHN -104

अधिकतम अंक : 30

Maximum Marks: 30

Section - A

खण्ड - 'अ'

अधिकतम अंक : 18

Maximum Marks: 18

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य हैं।

Note : Long Answer Question. Answer should be written in 800 to 1000 words.

Answer all question. All questions are compulsory

Question 1-Write in detail about the current policies and programmers of India for promoting and child nutrition and health in our community. 6

Question 2.Explain any three nutritional programmes for the community health. 6

Question 3.Why is community participation important in the implementation of any nutrition program? Briefly describe the theories of nutrition education. 6

Section - B

खण्ड - 'ब'

अधिकतम अंक : 12

Maximum Marks: 12

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य हैं।

Note : Short Answer Question. Answer should be written in 200 to 300 words.

All questions are compulsory.

Question1- Write a short note on current Nutrition Status of women and children in India. 2

Question 2- Write the food based strategies to combat malnutrition. 2

Question 3-. Discuss some strategies to improve urban sanitization. 2

Question 4- Discuss the role of mass media as a channel for nutrition communication. 2

Question 5- Discuss the role of mass media as a channel for nutrition communication. 2

Question 6- How can we find out the maternal and infant mortality rate in community. 2

उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज

अधिन्यास (Assignment)

मानव पोषण में स्नातक

Bachelor of Science Human Nutrition (UGHN)

2021-2022

विषय - मानव पोषण

विषय कोड : यू.जी.एच.एन.

Subject : Human Nutrition

कोर्स शीर्षक :

Course Title : Food microbiology, Hygiene & Sanitation

Semester - 2<sup>st</sup>

Subject Code : UGHN

कोर्स कोड : यू.जी.एच.एन.-१०५

Course Code : UGHN -105

अधिकतम अंक : 30

Maximum Marks: 30

Section - A

खण्ड - 'अ'

अधिकतम अंक : 18

Maximum Marks: 18

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

Note : Long Answer Question. Answer should be written in 800 to 1000 words.

Answer all question. All questions are compulsory

प्र० 1 - उच्चतापक्रम की सहायता से भोजन संरक्षण करने की विधियों का वर्णन कीजिए। 6

Explain the methods of food preservation with the help of high temperature.

प्र० 2 - किन्हीं दो खाद्य जनित रोगों के लक्षण हस्तान्तरण के माध्यम एवं बचाव के उपायों की चर्चा कीजिए। 6

Discuss symptoms, mode of transmission and preventive methods of any two food borne diseases?

प्र० 3 - लघु लेख लिखिए- 6

1. डिब्बा बंद खाद्य पदार्थों की विषाक्ता
2. खाद्य पदार्थों के संदूषण के लिए उत्तरदायी सूक्ष्म जीव।

Write short note on-

1. Contamination of canned food.
2. Micro organism responsible for food spilage.

Section - B

खण्ड - 'ब'

अधिकतम अंक : 12

Maximum Marks: 12

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

Note : Short Answer Question. Answer should be written in 200 to 300 words.

All questions are compulsory

प्र० 4 - रसोईघर की स्वच्छता पर एक संक्षिप्त लेख लिखिए। 2

Write a short note on kitchen hygiene.

प्र० 5 - खाद्य संरक्षण के लिए फ्रिजिंग के महत्व पर प्रकाश डालिए। 2

Throw light on importance of freezing for food preservation .

प्र० 6 - खाद्य संदूषण को परिभाषित कीजिए। 2

Define food spoilage?

प्र० 7 - बैक्टीरिया पर एक संक्षिप्त लेख लिखिए। 2

Write a short note on bacteria.

प्र० 8 - दूध व दूध से निर्मित पदार्थों के संदूषण के लिए कौन-कौन से सूक्ष्म जीव उत्तरदायी है। 2

Which micro ageism is responsible for spoilage of milk and milk products.

प्र० 9 - खाद्य पदार्थों में स्वच्छता के महत्व पर चर्चा कीजिए। 2

Discuss the importance of sanitation in food.

उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज

अधिन्यास (Assignment)

मानव पोषण में स्नातक

Bachelor of Science Human Nutrition (UGHN)

2021-2022

विषय - मानव पोषण

Subject : Human Nutrition

कोर्स शीर्षक : पोषण एवं स्वास्थ्य के लिए संचार

Course Title : Nutrition & Health Communication

Semester - 2<sup>st</sup>

विषय कोड : यू.जी.एच.एन.

Subject Code : UGHN

कोर्स कोड : यू.जी.एच.एन.-१०६

Course Code :UGHN -106

अधिकतम अंक : 30

Maximum Marks: 30

Section - A

खण्ड - 'अ'

अधिकतम अंक : 18

Maximum Marks: 18

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य हैं।

Note : Long Answer Question. Answer should be written in 800 to 1000 words.

Answer all question. All questions are compulsory

- प्र० 1 – पोषण एवं स्वास्थ्य शिक्षा के सिद्धांत एवं क्षेत्र का वर्णन करें। 6  
Describe the principles and Scope of nutrition and Health education.
- प्र० 2 – पोषण एवं स्वास्थ्य शिक्षा में संचार माध्यमों की भूमिका की विस्तृत विवेचना कीजिए। 6  
Explain in detail the role of communication media in Nutrition and Health education.
- प्र० 3 – संचार की प्रभावशीलता को निर्धारित करने वाले कारकों के बारे में विस्तृत चर्चा कीजिए। 6  
Discuss in detail the factors that determine the effectiveness of communication.

Section - B

खण्ड - 'ब'

अधिकतम अंक : 12

Maximum Marks: 12

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य हैं।

Note : Short Answer Question. Answer should be written in 200 to 300 words.

All questions are compulsory

- प्र० 4 – ब्रेनस्ट्रॉमिंग के लाभ बताइए। 2  
Write the advantages of brain storming .
- प्र० 5 – जनसंपर्क माध्यमों को परिभाषित कीजिए। 2  
Define mass media .
- प्र० 6 – सामाजिक विकास के लिए संचार की भूमिका का वर्णन कीजिए। 2  
Discuss the role of communication for social development.
- प्र० 7 – दृश्य श्रव्य साधन क्या है? 2  
What is audio visual aids.
- प्र० 8 – संचार की बाधाएँ कौन-कौन सी हैं? 2  
Which are the barriers of communication?
- प्र० 9 – पोषण एवं स्वास्थ्य शिक्षा के उद्देश्य बताइए। 2  
Explain the objectives of Nutrition and Health education.



उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज  
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मानव पोषण में स्नातक  
Bachelor of Science in Human Nutrition (UGHN)

2020-2021

Subject : Human Nutrition  
Course Title : Public Health and Epidemiology  
Semester -3<sup>rd</sup>

Subject Code : UGHN  
Course Code : UGHN -107

Maximum marks:30

Section - A

Maximum Marks: 18

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Long Answer Question. Answer should be written in 800 to 1000 words.  
Answer all questions. All questions are compulsory**

- Q.No.1** Describe the immunization chart. Explain the importance of immunization for Children. 6
- Q.No.2** Describe five communicable diseases. 6
- Q.No.3** Describe the concept of community, types of community and factors affecting the health of the community. 6

Section - B

Maximum Marks: 12

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.  
All questions are compulsory.**

- Q.No.4** Explain the food adulteration. 2
- Q.No.5.** Explain the good and healthy lifestyle. 2
- Q.No.6.** Describe some common household methods to detect adulterant in foods. 2
- Q.No.7.** Explain the disposal and treatment method of solid and liquid waste products. 2
- Q.No.8.** explain the two non- communicable. 2
- Q.No.9.** Describe the importance of public health. 2



उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज  
अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2020-2021

**Subject : Human Nutrition**  
**Course Title :** Food Science and Experimental Cookery  
**Semester -3<sup>rd</sup>**

**Subject Code : UGHN**  
**Course Code : UGHN -108**

Maximum marks:30

**Section - A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**

**Answer all question. All questions are compulsory**

- Q.No.1.** Describe the structure and composition of eggs and changes during storage. 6  
**Q.No.2.** Explain food and nutritional security. Describe the determinants of food security. 6  
**Q.No.3.** Explain the classification, composition proteins in cereals. 6

**Section - B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**

**All questions are compulsory**

- Q.No.4.** Explain the Leavened products. 2  
**Q.No.5.** Explain the Tenderization. 2  
**Q.No.6.** Explain the Nature of enzymes stability and action. 2  
**Q.No.7.** Explain the Fat deterioration and antioxidants. 2  
**Q.No.8.** Explain the Non enzymatic Browning. 2  
**Q.No.9.** Explain the Gelatinization. 2

उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज  
अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2020-2021

**Subject : Human Nutrition**  
**Course Title : Family Meal Management**  
Semester -3<sup>rd</sup>

**Subject Code : UGHN**  
**Course Code : UGHN -109**

Maximum marks:30

**Section - A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य हैं।

**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**

**Answer all questions. All questions are compulsory**

- Q.No.1.**What are the complications of pregnancy? Write in detail about the nutritional requirements during pregnancy. 6
- Q.No.2.** Explain the nutritional need during old age. What are the factors that affects the food intake during old age . 6
- Q.No.3.** Describe in detail "Nutrition during lactation. 6

**Section - B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य हैं।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**

**All questions are compulsory.**

- Q.No.4** Write a short note on eating habits of adolescence. 2
- Q.No.5** Define balanced diet. 2
- Q.No.6** Explain the nutrition related problems of old age. 2
- Q.No.7** Explain the importance of breast feeding. 2
- Q.No.8** Write a short comment on nutritional requirement of early childhood. 2
- Q.No.9** Explain food groups. 2

उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज  
अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2020-2021

**Subject : Human Nutrition**  
**Course Title : Advance Therapeutic Nutrition**  
**Semester -3<sup>rd</sup>**

**Subject Code : UGHN**  
**Course Code : UGHN -110**

Maximum marks:30

**Section - A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**

**Answer all questions. All questions are compulsory**

- Q.No.1.** Briefly explain the dietary management of coronary heart disease with special emphasis on dietary fats and carbohydrate intake in the diet. 6
- Q.No.2.** Elaborate on the role of sodium restrictions in the management of Chronic Renal Failure. 6
- Q.No.3.** Enumerate the common diets that are prescribed in the hospital situations. Discuss the role of dietician in patient care. 6

**Section - B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**

**All questions are compulsory .**

- Q.No.4.** Discuss the medical nutrition therapy for typhoid and tuberculosis. 2
- Q.No.5.** Enlist the classification metabolic and clinical manifestations of obesity. 2
- Q.No.6.** Enlist the dietary recommendations for the ulcerative colitis condition. 2
- Q.No.7.** Write down the management goals and nutritional recommendation for chronic renal failure. 2
- Q.No.8.** Suggest practical eating suggestions for symptoms management of HIV and AIDS infected patients. 2
- Q.No.9.** Give the dietary and lifestyle management goals for constipation in adults. 2

उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज  
अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2020-2021

**Subject : Human Nutrition**  
**Course Title : Institutional Food Management**  
**Semester -3<sup>rd</sup>**

**Subject Code : UGHN**  
**Course Code : UGHN -111**

Maximum marks:30

**Section - A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**

**Answer all questions. All questions are compulsory**

- Q.No.1.**Briefly explains the dietary management of coronary heart disease with special emphasis on dietary fats and carbohydrate intake in the diet. 6
- Q.No.2.** Elaborate on the role of sodium restrictions in the management of Chronic Renal Failure. 6
- Q.No.3.** Enumerate the common diets that are prescribed in the hospital situations. Discuss the role of dietician in patient care. 6

**Section - B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**

**All questions are compulsory**

- Q.No.4.** Discuss the medical nutrition therapy for typhoid and tuberculosis. 2
- Q.No.5.** Enlist the classification metabolic and clinical manifestations of obesity. 2
- Q.No.6.** Enlist the dietary recommendations for the ulcerative colitis condition. 2
- Q.No.7.** Write down the management goals and nutritional recommendation for chronic renal failure. 2
- Q.No.8.** Suggest practical eating suggestions for symptoms management of HIV and AIDS infected patients. 2
- Q.No.9.** Give the dietary and lifestyle management goals for constipation in adults. 2

उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज  
अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2020-2021

**Subject : Human Nutrition**

**Subject Code : UGHN**

**Course Title : Nutritional Management in Health and Diseases Course Code : UGHN -112**  
**Semester -4<sup>th</sup>**

**Maximum marks:30**

**Section - A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**

**Answer all question. All questions are compulsory**

**Q.No.1.** Give the nutritional guidelines you would advocate to develop good eating habits and good health among older school children and adolescents. The nutrient requirement for adults are influenced by age, sex and activity level. Justify the statement by giving appropriate examples. 6

**Q.No.2 .**Give the nutritional management goals and dietary recommendation for a patient suffering from hepatic coma. What is gluten free diet ? For which disease condition would you advocate this diet. 6

**Q.No.3.** Give the classification and etiology of diabetes. Discuss the relevance of the food exchange system in the dietary management of diabetes. 6

**Section - B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**

**All questions are compulsory**

**Q.No.4** Enlist the foods you would include and restrict in the diet of patients suffering from Maple Syrup Urine Disease. 2

**Q.No.5.** List the foods you would include and restrict in the diet of patient suffering from chronic kidney disease. 2

**Q.No.6.** Give the dietary management of a patient suffering from typhoid. 2

**Q.No.7.** Write down the dietary management of a patient suffering from high blood pressure. 2

**Q.No.8.** What is ulcerative colitis? Enlist the dietary recommendations for this condition. 2

**Q.No.9.** Write down the role of antioxidants in Cancer prevention. 2

उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज  
अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2020-2021

**Subject : Human Nutrition**  
**Course Title : Nutritional Assessment and Surveillance**  
**Semester –4<sup>th</sup>**

**Subject Code : UGHN**  
**Course Code : UGHN -113**

Maximum marks:30

**Section – A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**

**Answer all question. All questions are compulsory**

- Q.No.1.** Mention various methods of nutritional assessment. Elaborate any two methods. 6  
**Q.No.2.** Discuss in detail the importance of nutritional assessment for healthy as well as hospitalized person. 6  
**Q.No.3.** What is Nutrition Surveillance? Mention any four agencies/organizations involved in nutrition Monitoring /Surveillance in India and type of information collected by them. 6

**Section – B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**

**All questions are compulsory.**

- Q.No.4.** Mention 3 main purpose of nutritional assessment. 2  
**Q.No.5.** Write a short note on anthropometry. 2  
**Q.No.6.** What is basic concept of Nutritional Surveillance? 2  
**Q.No.7.** What is need of assessment? 2  
**Q.No.8.** List the methods used for assessing dietary intake at various levels. 2  
**Q.No.9.** Define rapid assessment and PRA. 2

उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज  
अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2020-2021

**Subject : Human Nutrition**  
**Course Title : Computer Application and Statistics**  
**Semester –4<sup>th</sup>**

**Subject Code : UGHN**  
**Course Code : UGHN -114**

Maximum marks:30

**Section – A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।  
**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**  
**Answer all question. All questions are compulsory**

**Q.No.1.** Differentiate between the following research designs, giving appropriate examples. 6

(I) Analytic study

(2) Descriptive study

**Q.No.2.**What is meant by sampling? With the help of an example, explain the concept of random sampling, stratified sampling, cluster sampling and purposive sampling. 6

**Q.No.3.**How will you perform the following using MS Word: 6

(i) Formatting Text

(ii) Headers and Footers

(iii) Use Format Painter

**Section – B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**

**All questions are compulsory**

**Q.No.4.**What is Frequency polygon? 2

**Q.No.5.** What is mean and median? 2

**Q.No.6.** Write the Concept of normal probability distribution. 2

**Q.No.7.** Briefly describe the internet tools and discuss how to use the internet. 2

**Q.No.8.**What is Control Panel? Explain any two. 2

**Q.No.9.** What is Input/output Device? 2

उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज  
अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2020-2021

**Subject : Human Nutrition**  
**Course Title : Assessment of Nutritional Status**  
**Semester –4<sup>th</sup>**

**Subject Code : UGHN**  
**Course Code : UGHN -115**

**Maximum marks:30**

**Section – A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।  
**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**  
**Answer all question. All questions are compulsory**

- Q.No.1** Mention various methods of nutritional assessment. Elaborate any two methods. 6
- Q.No.2.** Discuss in detail the importance of nutritional assessment for healthy as well as hospitalized person. 6
- Q.No.3.** What is Nutrition Surveillance? Mention any four agencies/organizations involved in nutrition Monitoring /Surveillance in India and type of information collected by them. 6

**Section – B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।  
**Note : Short Answer Question. Answer should be written in 200 to 300 words.**  
**All questions are compulsory.**

- Q.No.4.** Mention 3 main purpose of nutritional assessment. 2
- Q.No.5.** Write a short note on anthropometry. 2
- Q.No.6.** What is basic concept of Nutritional Surveillance? 2
- Q.No.7.** What is need assessment? 2
- Q.No.8.** List the methods used for assessing dietary intake at various levels. 2
- Q.No.9.** Define rapid assessment and PRA. 2



उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज  
अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2020-2021

**Subject : Human Nutrition**  
**Course Title : Maternal and Child Nutrition**  
**Semester –4<sup>th</sup>**

**Subject Code : UGHN**  
**Course Code : UGHN -116**

Maximum marks:30

**Section – A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**

**Answer all question. All questions are compulsory**

**Q.No.1.** Describe in detail the importance of Nutrition prior to and during pregnancy. 6

**Q.No.2.** Write in detail about the current policies and programmers of India for promoting and child nutrition and health. 6

**Q.No.3.** Write short note on- 6

1. Pregnancy and AIDS.
2. Pregnancy and TB.

**Section – B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**

**All questions are compulsory**

**Q.No.4.** Explain the feeding pattern of infants. 2

**Q.No.5.** What are the causes of malnutrition in expectant mothers? 2

**Q.No.6.** Write a short note on current Nutrition Status of women and children in India. 2

**Q.No.7.** What are the effect of maternal malnutrition on development of child? 2

**Q.No.8.** What do you understand by fetal alcohol syndrome? 2

**Q.No.9.** Write a short note on Nutritional requirements during pregnancy. 2



# Uttar Pradesh Rajarshi Tandon Open University, Prayagraj

## Assignment

### Bachelor of Science in Human Nutrition (UGHN)

2020-2021

**Subject: Human Nutrition**

**Subject Code: UGHN**

**Course Title: Food Safety and Quality Control**

**Course Code: UGHN-117**

**Semester: 5<sup>th</sup>**

**Maximum Marks: 30**

#### Section- A

**Maximum Marks: 18**

**Note : Long Answer Question. Answer should be written in 800 to 1000 words. Answer all question. All questions are compulsory**

- Q.No.1.** Describe all the hazards which can be present in food and cause adverse effects on health. 6
- Q.No.2.** What is HACCP? Describe its significance and scope. 6
- Q.No.3.** Briefly describe the national and international food standards. 6

#### Section- B

**Maximum Marks: 12**

**Note : Short Answer Question. Answer should be written in 200 to 300 words. All questions are compulsory**

- Q.No.4.** Explain the food adulteration. 2
- Q.No.5.** Write the steps of test for the presence of metanil yellow in turmeric. 2
- Q.No.6.** Write the steps of test for the presence of starch in milk. 2
- Q.No.7.** How food-borne illness occurs? 2
- Q.No.8.** Name five food adulterants used in which food. 2
- Q.No.9.** Briefly describe method of storage of food. 2

# Uttar Pradesh Rajarshi Tandon Open University, Prayagraj

## Assignment

### Bachelor of Science in Human Nutrition (UGHN)

2020-2021

**Subject: Human Nutrition**

**Subject Code: UGHN**

**Course Title: Diet Therapy**

**Course Code: UGHN-118**

**Semester: 5<sup>th</sup>**

**Maximum Marks: 30**

#### Section- A

**Maximum Marks: 18**

**Note : Long Answer Question. Answer should be written in 800 to 1000 words. Answer all question. All questions are compulsory**

**Q.No.1.** A 32-year male is suffering from IBS. His weight is 64 kg and height are 174 cm. Describe his principle of diet and plan one sample diet chart including carbohydrate, protein, fat and energy. 6

**Q.No.2.** Explain all the types of routine hospital diet and their importance. 6

**Q.No.3.** Describe Protein Energy Malnutrition and their types. 6

#### Section- B

**Maximum Marks: 12**

**Note : Short Answer Question. Answer should be written in 200 to 300 words. All questions are compulsory**

**Q.No.4.** What is Wilson's Disease? 2

**Q.No.5.** Write down the BMI range for Asians and briefly describe them. 2

**Q.No.6.** What is celiac disease and what diet should be given in this. 2

**Q.No.7.** Explain dietary management of Anaemia. 2

**Q.No.8.** How much amount of protein should be given to a renal patient? 2

**Q.No.9.** Write the formula of ideal body weight of male and female. 2

# Uttar Pradesh Rajarshi Tandon Open University, Prayagraj

## Assignment

### Bachelor of Science in Human Nutrition (UGHN)

2020-2021

**Subject: Human Nutrition**

**Subject Code: UGHN**

**Course Title: Institutional Food Management**

**Course Code: UGHN-119**

**Semester: 5<sup>th</sup>**

**Maximum Marks: 30**

#### Section- A

**Maximum Marks: 18**

**Note : Long Answer Question. Answer should be written in 800 to 1000 words. Answer all question. All questions are compulsory**

- Q.No.1.** Explain the objectives and approaches of management of quality. 6
- Q.No.2.** Write on meaning and scope of cost management accounting. 6
- Q.No.3.** Write on time, energy and material management. 6

#### Section- B

**Maximum Marks: 12**

**Note : Short Answer Question. Answer should be written in 200 to 300 words. All questions are compulsory**

- Q.No.4.** Explain effects of environmental changes on different food service institutions. 2
- Q.No.5.** Write functions of food service management. 2
- Q.No.6.** Briefly describe space management. 2
- Q.No.7.** Explain employees' benefits- policies and schemes. 2
- Q.No.8.** What is system approach to management. 2
- Q.No.9.** What are cost control techniques. 2

# Uttar Pradesh Rajarshi Tandon Open University, Prayagraj

## Assignment

### Bachelor of Science in Human Nutrition (UGHN)

2020-2021

**Subject: Human Nutrition**

**Subject Code: UGHN**

**Course Title: Catering Management**

**Course Code: UGHN-120**

**Semester: 5<sup>th</sup>**

**Maximum Marks: 30**

#### Section- A

**Maximum Marks: 18**

**Note : Long Answer Question. Answer should be written in 800 to 1000 words. Answer all question. All questions are compulsory**

- Q.No.1.** List the various types of food service establishments. 6
- Q.No.2.** Distinguish between welfare and commercial catering. 6
- Q.No.3.** What is menu? What are its functions? 6

#### Section- B

**Maximum Marks: 12**

**Note : Short Answer Question. Answer should be written in 200 to 300 words. All questions are compulsory**

- Q.No.4.** Define function of housekeeping in hospitality industry? 2
- Q.No.5.** Briefly describe types of catering services. 2
- Q.No.6.** What is commissary food service system? 2
- Q.No.7.** Explain employees' benefits- policies and schemes. 2
- Q.No.8.** Define hostess training. 2
- Q.No.9.** Explain budget process for controlling expenses. 2

# Uttar Pradesh Rajarshi Tandon Open University, Prayagraj

## Assignment

### Bachelor of Science in Human Nutrition (UGHN)

2020-2021

**Subject: Human Nutrition**

**Subject Code: UGHN**

**Course Title: Policies Programs and Interventions**

**Course Code: UGHN-121**

**Semester: 5<sup>th</sup>**

**Maximum Marks: 30**

#### Section- A

**Maximum Marks: 18**

**Note : Long Answer Question. Answer should be written in 800 to 1000 words. Answer all question. All questions are compulsory**

- Q.No.1.** Describe agricultural policies existing in our country for the benefit of population. 6
- Q.No.2.** Explain significance of nutritional problem and poverty. 6
- Q.No.3.** Define mid-day meal programme and its objective. 6

#### Section- B

**Maximum Marks: 12**

**Note : Short Answer Question. Answer should be written in 200 to 300 words. All questions are compulsory**

- Q.No.4.** Define ICDS. 2
- Q.No.5.** What are the objectives of national nutritional policy. 2
- Q.No.6.** What is the goal to improve health and nutritional status? 2
- Q.No.7.** Name the scheme working for pregnant women. 2
- Q.No.8.** Explain wheat based supplementary nutrition program. 2
- Q.No.9.** Define Kishore shakti yojna? 2

# Uttar Pradesh Rajarshi Tandon Open University, Prayagraj

## Assignment

### Bachelor of Science in Human Nutrition (UGHN)

2020-2021

**Subject: Human Nutrition**

**Subject Code: UGHN**

**Course Title: Dietetic Techniques and Patient Counselling**

**Course Code: UGHN-122**

**Semester: 6<sup>th</sup>**

**Maximum Marks: 30**

#### Section- A

**Maximum Marks: 18**

**Note : Long Answer Question. Answer should be written in 800 to 1000 words. Answer all question. All questions are compulsory**

- Q.No.1.** Define dietitian. What are the responsibilities of a dietitian? 6
- Q.No.2.** Define various methods to counsel patient regarding diet. 6
- Q.No.3.** What are the assessment criteria for planning a diet and counselling. 6

#### Section- B

**Maximum Marks: 12**

**Note : Short Answer Question. Answer should be written in 200 to 300 words. All questions are compulsory**

- Q.No.4.** What are objectives of Indian Dietetic Association? 2
- Q.No.5.** What is jaundice and name its confirmatory test. 2
- Q.No.6.** Define anthropometric measurement. 2
- Q.No.7.** Briefly describe the methods of taking dietary recall of patient. 2
- Q.No.8.** Name some errors in planning aesthetic quality of food. 2
- Q.No.9.** What is dietary diagnosis based on? 2



# Uttar Pradesh Rajarshi Tandon Open University, Prayagraj

## Assignment

### Bachelor of Science in Human Nutrition (UGHN)

2020-2021

**Subject: Human Nutrition**

**Subject Code: UGHN**

**Course Title: Nutrition and Health of Women**

**Course Code: UGHN-123**

**Semester: 6<sup>th</sup>**

**Maximum Marks: 30**

#### Section- A

**Maximum Marks: 18**

**Note : Long Answer Question. Answer should be written in 800 to 1000 words. Answer all question. All questions are compulsory**

- Q.No.1.** Define family planning methods. 6
- Q.No.2.** Define menopause and its dietary management. 6
- Q.No.3.** Describe national situation of women and their improving nutritional status. 6

#### Section- B

**Maximum Marks: 12**

**Note : Short Answer Question. Answer should be written in 200 to 300 words. All questions are compulsory**

- Q.No.4.** How much protein is required for a moderate working woman? 2
- Q.No.5.** How much calcium and iron required for a sedentary working pregnant woman? 2
- Q.No.6.** Name some national scheme which works for women. 2
- Q.No.7.** How much energy, protein, carbohydrate and fat required for an adolescent girl. 2
- Q.No.8.** Explain PCOS and its effect of female life. 2
- Q.No.9.** Describe pregnancy risk. 2

# Uttar Pradesh Rajarshi Tandon Open University, Prayagraj

## Assignment

### Bachelor of Science in Human Nutrition (UGHN)

2020-2021

**Subject: Human Nutrition**

**Subject Code: UGHN**

**Course Title: Economics of Food**

**Course Code: UGHN-124**

**Semester: 6<sup>th</sup>**

**Maximum Marks: 30**

#### Section- A

**Maximum Marks: 18**

**Note : Long Answer Question. Answer should be written in 800 to 1000 words. Answer all question. All questions are compulsory**

- Q.No.1.** Define food adulteration and their precautions? 6
- Q.No.2.** What is the impact of rising food prices on farmers and producers? 6
- Q.No.3.** Describe food expenditure and factors affecting them. 6

#### Section- B

**Maximum Marks: 12**

**Note : Short Answer Question. Answer should be written in 200 to 300 words. All questions are compulsory**

- Q.No.4.** What are food standards? 2
- Q.No.5.** What is food spoilage? 2
- Q.No.6.** Explain importance of cold chain transportation? 2
- Q.No.7.** Explain types of purchases. 2
- Q.No.8.** What is public distribution system? 2
- Q.No.9.** name some agencies providing consumer education. Explain them. 2

# Uttar Pradesh Rajarshi Tandon Open University, Prayagraj

## Assignment

### Bachelor of Science in Human Nutrition (UGHN)

2020-2021

**Subject: Human Nutrition**

**Subject Code: UGHN**

**Course Title: Nutrition in Emergencies and Disasters**

**Course Code: UGHN-125**

**Semester: 6<sup>th</sup>**

**Maximum Marks: 30**

#### Section- A

**Maximum Marks: 18**

**Note : Long Answer Question. Answer should be written in 800 to 1000 words. Answer all question. All questions are compulsory**

- Q.No.1.** Give an overview to nutrition in emergencies their characteristics and causes. 6
- Q.No.2.** Describe phases of disasters. 6
- Q.No.3.** Define protein -energy malnutrition? 6

#### Section- B

**Maximum Marks: 12**

**Note : Short Answer Question. Answer should be written in 200 to 300 words. All questions are compulsory**

- Q.No.4.** Which disease caused by vitamin B12. 2
- Q.No.5.** How we can control communicable disease in emergencies? 2
- Q.No.6.** Define MUAC, weight for height and waist circumference. 2
- Q.No.7.** What is nutritional surveillance? 2
- Q.No.8.** What is food distribution strategy in disaster? 2
- Q.No.9.** What is the clinical sign for screening acute malnutrition? 2

# Uttar Pradesh Rajarshi Tandon Open University, Prayagraj

## Assignment

### Bachelor of Science in Human Nutrition (UGHN)

2020-2021

**Subject: Human Nutrition**

**Subject Code: UGHN**

**Course Title: Nutritional Assessment and Surveillance**

**Course Code: UGHN-126**

**Semester: 6<sup>th</sup>**

**Maximum Marks: 30**

#### Section- A

**Maximum Marks: 18**

**Note : Long Answer Question. Answer should be written in 800 to 1000 words. Answer all question. All questions are compulsory**

- Q.No.1.** Define nutritional status and surveillance meaning, objectives and importance. 6
- Q.No.2.** What is diet survey its need, importance and various methods? 6
- Q.No.3.** Describe rapid assessment procedure. 6

#### Section- B

**Maximum Marks: 12**

**Note : Short Answer Question. Answer should be written in 200 to 300 words. All questions are compulsory**

- Q.No.4.** Define RDA. 2
- Q.No.5.** What are the parameters used in the diagnosis of obesity? 2
- Q.No.6.** Define iodine deficiency? 2
- Q.No.7.** Name the disease caused by vitamin A deficiency. 2
- Q.No.8.** Briefly explain the main categories of nutritional assessment. 2
- Q.No.9.** What is the purpose of food surveillance? 2

उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज  
अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
Bachelor of Science in Human Nutrition (UGHN)

2021-2022

Subject : Human Nutrition  
Course Title : Public Health and Epidemiology  
Semester -3<sup>rd</sup>

Subject Code : UGHN  
Course Code : UGHN -107

Maximum marks:30

Section - A

Maximum Marks: 18

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**

**Answer all questions. All questions are compulsory**

- Q.No.1** Describe the immunization chart. Explain the importance of immunization for Children. 6
- Q.No.2** Describe five communicable diseases. 6
- Q.No.3** Describe the concept of community, types of community and factors affecting the health of the community. 6

Section - B

Maximum Marks: 12

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**

**All questions are compulsory.**

- Q.No.4** Explain the food adulteration. 2
- Q.No.5.** Explain the good and healthy lifestyle. 2
- Q.No.6.** Describe some common household methods to detect adulterant in foods. 2
- Q.No.7.** Explain the disposal and treatment method of solid and liquid waste products. 2
- Q.No.8.** explain the two non- communicable. 2
- Q.No.9.** Describe the importance of public health. 2

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अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2021-2022

**Subject : Human Nutrition**  
**Course Title :** Food Science and Experimental Cookery  
**Semester -3<sup>rd</sup>**

**Subject Code : UGHN**  
**Course Code : UGHN -108**

Maximum marks:30

**Section - A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य हैं।

**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**

**Answer all question. All questions are compulsory**

- Q.No.1.** Describe the structure and composition of eggs and changes during storage. 6  
**Q.No.2.** Explain food and nutritional security. Describe the determinants of food security. 6  
**Q.No.3.** Explain the classification, composition proteins in cereals. 6

**Section - B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य हैं।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**

**All questions are compulsory**

- Q.No.4.** Explain the Leavened products. 2  
**Q.No.5.** Explain the Tenderization. 2  
**Q.No.6.** Explain the Nature of enzymes stability and action. 2  
**Q.No.7.** Explain the Fat deterioration and antioxidants. 2  
**Q.No.8.** Explain the Non enzymatic Browning. 2  
**Q.No.9.** Explain the Gelatinization. 2

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अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2021-2022

**Subject : Human Nutrition**  
**Course Title : Family Meal Management**  
Semester -3<sup>rd</sup>

**Subject Code : UGHN**  
**Course Code : UGHN -109**

Maximum marks:30

**Section - A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य हैं।

**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**

**Answer all questions. All questions are compulsory**

- Q.No.1.**What are the complications of pregnancy? Write in detail about the nutritional requirements during pregnancy. 6
- Q.No.2.** Explain the nutritional need during old age. What are the factors that affects the food intake during old age . 6
- Q.No.3.** Describe in detail "Nutrition during lactation. 6

**Section - B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य हैं।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**

**All questions are compulsory.**

- Q.No.4** Write a short note on eating habits of adolescence. 2
- Q.No.5** Define balanced diet. 2
- Q.No.6** Explain the nutrition related problems of old age. 2
- Q.No.7** Explain the importance of breast feeding. 2
- Q.No.8** Write a short comment on nutritional requirement of early childhood. 2
- Q.No.9** Explain food groups. 2

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अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2021-2022

**Subject : Human Nutrition**  
**Course Title : Advance Therapeutic Nutrition**  
**Semester -3<sup>rd</sup>**

**Subject Code : UGHN**  
**Course Code : UGHN -110**

**Maximum marks:30**

**Section - A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**

**Answer all questions. All questions are compulsory**

- Q.No.1.** Briefly explain the dietary management of coronary heart disease with special emphasis on dietary fats and carbohydrate intake in the diet. 6
- Q.No.2.** Elaborate on the role of sodium restrictions in the management of Chronic Renal Failure. 6
- Q.No.3.** Enumerate the common diets that are prescribed in the hospital situations. Discuss the role of dietician in patient care. 6

**Section - B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**

**All questions are compulsory .**

- Q.No.4.** Discuss the medical nutrition therapy for typhoid and tuberculosis. 2
- Q.No.5.** Enlist the classification metabolic and clinical manifestations of obesity. 2
- Q.No.6.** Enlist the dietary recommendations for the ulcerative colitis condition. 2
- Q.No.7.** Write down the management goals and nutritional recommendation for chronic renal failure. 2
- Q.No.8.** Suggest practical eating suggestions for symptoms management of HIV and AIDS infected patients. 2
- Q.No.9.** Give the dietary and lifestyle management goals for constipation in adults. 2



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अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2021-2022

**Subject : Human Nutrition**  
**Course Title : Institutional Food Management**  
**Semester -3<sup>rd</sup>**

**Subject Code : UGHN**  
**Course Code : UGHN -111**

Maximum marks:30

**Section - A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**

**Answer all questions. All questions are compulsory**

- Q.No.1.**Briefly explains the dietary management of coronary heart disease with special emphasis on dietary fats and carbohydrate intake in the diet. 6
- Q.No.2.** Elaborate on the role of sodium restrictions in the management of Chronic Renal Failure. 6
- Q.No.3.** Enumerate the common diets that are prescribed in the hospital situations. Discuss the role of dietician in patient care. 6

**Section - B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**

**All questions are compulsory**

- Q.No.4.** Discuss the medical nutrition therapy for typhoid and tuberculosis. 2
- Q.No.5.** Enlist the classification metabolic and clinical manifestations of obesity. 2
- Q.No.6.** Enlist the dietary recommendations for the ulcerative colitis condition. 2
- Q.No.7.** Write down the management goals and nutritional recommendation for chronic renal failure. 2
- Q.No.8.** Suggest practical eating suggestions for symptoms management of HIV and AIDS infected patients. 2
- Q.No.9.** Give the dietary and lifestyle management goals for constipation in adults. 2

उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज  
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मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2021-2022

**Subject : Human Nutrition**

**Subject Code : UGHN**

**Course Title : Nutritional Management in Health and Diseases Course Code : UGHN -112**  
**Semester -4<sup>th</sup>**

**Maximum marks:30**

**Section - A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**

**Answer all question. All questions are compulsory**

**Q.No.1.** Give the nutritional guidelines you would advocate to develop good eating habits and good health among older school children and adolescents. The nutrient requirement for adults are influenced by age, sex and activity level. Justify the statement by giving appropriate examples. 6

**Q.No.2 .**Give the nutritional management goals and dietary recommendation for a patient suffering from hepatic coma. What is gluten free diet ? For which disease condition would you advocate this diet. 6

**Q.No.3.** Give the classification and etiology of diabetes. Discuss the relevance of the food exchange system in the dietary management of diabetes. 6

**Section - B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**

**All questions are compulsory**

**Q.No.4** Enlist the foods you would include and restrict in the diet of patients suffering from Maple Syrup Urine Disease. 2

**Q.No.5.** List the foods you would include and restrict in the diet of patient suffering from chronic kidney disease. 2

**Q.No.6.** Give the dietary management of a patient suffering from typhoid. 2

**Q.No.7.** Write down the dietary management of a patient suffering from high blood pressure. 2

**Q.No.8.** What is ulcerative colitis? Enlist the dietary recommendations for this condition. 2

**Q.No.9.** Write down the role of antioxidants in Cancer prevention. 2

उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज  
अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2021-2022

**Subject : Human Nutrition**  
**Course Title : Nutritional Assessment and Surveillance**  
**Semester –4<sup>th</sup>**

**Subject Code : UGHN**  
**Course Code : UGHN -113**

Maximum marks:30

**Section – A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।  
**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**  
**Answer all question. All questions are compulsory**

- Q.No.1.** Mention various methods of nutritional assessment. Elaborate any two methods. 6  
**Q.No.2.** Discuss in detail the importance of nutritional assessment for healthy as well as hospitalized person. 6  
**Q.No.3.**What is Nutrition Surveillance? Mention any four agencies/organizations involved in nutrition Monitoring /Surveillance in India and type of information collected by them. 6

**Section – B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।  
**Note : Short Answer Question. Answer should be written in 200 to 300 words.**  
**All questions are compulsory.**

- Q.No.4.** Mention 3 main purpose of nutritional assessment. 2  
**Q.No.5.** Write a short note on anthropometry. 2  
**Q.No.6.**What is basic concept of Nutritional Surveillance? 2  
**Q.No.7.** What is need of assessment? 2  
**Q.No.8.** .List the methods used for assessing dietary intake at various levels. 2  
**Q.No.9.** Define rapid assessment and PRA. 2

उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज  
अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2021-2022

**Subject : Human Nutrition**  
**Course Title : Computer Application and Statistics**  
**Semester –4<sup>th</sup>**

**Subject Code : UGHN**  
**Course Code : UGHN -114**

Maximum marks:30

**Section – A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।  
**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**  
**Answer all question. All questions are compulsory**

**Q.No.1.** Differentiate between the following research designs, giving appropriate examples. 6

(I) Analytic study

(2) Descriptive study

**Q.No.2.** What is meant by sampling? With the help of an example, explain the concept of random sampling, stratified sampling, cluster sampling and purposive sampling. 6

**Q.No.3.** How will you perform the following using MS Word: 6

(i) Formatting Text

(ii) Headers and Footers

(iii) Use Format Painter

**Section – B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**

**All questions are compulsory**

**Q.No.4.** What is Frequency polygon? 2

**Q.No.5.** What is mean and median? 2

**Q.No.6.** Write the Concept of normal probability distribution. 2

**Q.No.7.** Briefly describe the internet tools and discuss how to use the internet. 2

**Q.No.8.** What is Control Panel? Explain any two. 2

**Q.No.9.** What is Input/output Device? 2

उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज  
अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2021-2022

**Subject : Human Nutrition**  
**Course Title : Assessment of Nutritional Status**  
**Semester –4<sup>th</sup>**

**Subject Code : UGHN**  
**Course Code : UGHN -115**

**Maximum marks:30**

**Section – A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।  
**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**  
**Answer all question. All questions are compulsory**

**Q.No.1** Mention various methods of nutritional assessment. Elaborate any two methods. 6

**Q.No.2.** Discuss in detail the importance of nutritional assessment for healthy as well as hospitalized person. 6

**Q.No.3.** What is Nutrition Surveillance? Mention any four agencies/organizations involved in nutrition Monitoring /Surveillance in India and type of information collected by them. 6

**Section – B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**  
**All questions are compulsory.**

**Q.No.4.** Mention 3 main purpose of nutritional assessment. 2

**Q.No.5.** Write a short note on anthropometry. 2

**Q.No.6.** What is basic concept of Nutritional Surveillance? 2

**Q.No.7.** What is need assessment? 2

**Q.No.8.** List the methods used for assessing dietary intake at various levels. 2

**Q.No.9.** Define rapid assessment and PRA. 2

उत्तर प्रदेश राजर्षि टण्डन मुक्त विश्वविद्यालय, प्रयागराज  
अधिन्यास (Assignment)  
मानव पोषण में स्नातक  
**Bachelor of Science in Human Nutrition (UGHN)**

2021-2022

**Subject : Human Nutrition**  
**Course Title : Maternal and Child Nutrition**  
**Semester –4<sup>th</sup>**

**Subject Code : UGHN**  
**Course Code : UGHN -116**

Maximum marks:30

**Section – A**

**Maximum Marks: 18**

नोट : दीर्घ उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 800 से 1000 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Long Answer Question. Answer should be written in 800 to 1000 words.**

**Answer all question. All questions are compulsory**

- Q.No.1.** Describe in detail the importance of Nutrition prior to and during pregnancy. 6
- Q.No.2.** Write in detail about the current policies and programmers of India for promoting and child nutrition and health. 6
- Q.No.3.** Write short note on- 6
1. Pregnancy and AIDS.
  2. Pregnancy and TB.

**Section – B**

**Maximum Marks: 12**

नोट : लघु उत्तरीय प्रश्न । प्रश्नों के अपने उत्तर 200 से 300 शब्दों में लिखें। सभी प्रश्न अनिवार्य है।

**Note : Short Answer Question. Answer should be written in 200 to 300 words.**

**All questions are compulsory**

- Q.No.4.** Explain the feeding pattern of infants. 2
- Q.No.5.** What are the causes of malnutrition in expectant mothers? 2
- Q.No.6.** Write a short note on current Nutrition Status of women and children in India. 2
- Q.No.7.** What are the effect of maternal malnutrition on development of child? 2
- Q.No.8.** What do you understand by fetal alcohol syndrome? 2
- Q.No.9.** Write a short note on Nutritional requirements during pregnancy. 2

