

ENGLISH VERSION

Instructions : (1) Questions 1, 2, 3 to Marks $15 \times 3 = 45$.
(2) Questions. 4, Write short note Marks 5.

1 Explain about nutrious elemets given to lactation mother. **15**

OR

1 Explain about nutrious elements given to pregnant women. **15**

2 Mention the causes of obesity and explain the diet given during obesity. **15**

OR

2 Mention the points to be considered during meal management. **15**

3 Give the meaning and definition of meal planning and explain its importance. **15**

OR

3 Explain about the meal of school-going children. **15**

4 Write a short note : (any **one**) **5**

(1) Discuss the points to be considered while meal planning for a pregnant women.

(2) Principles of meal planning.