

**END SEMESTER PRACTICAL EXAMINATION**  
**CLINICAL NUTRITION AND DIETETICS**  
**B Sc FIRST YEAR**  
**SEMESTER 1**

**PAPER I- INTRODUCTORY NUTRITION**

Date:  
Time:

**Max Marks: 50**  
Batch:

**1. Plan a day's diet for the given age and sex A/B/C or D (20 Marks)**

**Any one from question Bank**

- A. A 28 year old adult woman (Sedentary work)
- B. A 48 year old adult woman (Moderate work)
- C. A 40 year old adult Man (Moderate work)
- D. A 28 year old adult man (Heavy work)

- Nutrient requirement table 5 Marks
- Menu for the day 15 Marks

**2. Calculate the corresponding RDA (Energy and Protein) (25 Marks)**

- Nutritive value of the diet planned 15 Marks
- Grand Total Table 10 Marks

**3. Practical Record (5 Marks)**

## **Question Bank**

1. Adult woman doing sedentary work
2. Adult woman doing moderate work
3. Adult woman doing heavy work
4. Adult man doing sedentary work
5. Adult man doing moderate work
6. Adult man doing heavy work