

FINAL EXAMINATION
Post Graduate Diploma in Yoga
Paper Code: PGDY0202
Paper Name: Food and Nutrition

Maximum Marks = 70

Maximum Time = 3 Hrs.

The question paper has seven questions. The candidate must attend only five of them. All the questions has equal marks.

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| Question 1. | Define the term nutrition, What do you mean by energy balance? | 14 Marks |
| Question 2. | What do you mean by minimal nutritional requirement? How is it different from RDA? | 14 Marks |
| Question 3. | Explain the steps involved in calculating total energy requirement by factorial method? Mention any five conditions in which energy requirements are increased. | 14 Marks |
| Question 4. | What is the significance of growth chart? How growth chart is used for growth monitoring? | 14 Marks |
| Question 5. | Define Bioavailability. How will you determine the energy value of food? | 14 Marks |
| Question 6. | What are the causes of growth faltering? How can you prevent growth faltering of infants? | 14 Marks |
| Question 7. | How will you determine energy value of food? What is BMR? How do you estimate BMR by calculation? | 14 Marks |