

1. Give short answers for the following questions: (14)
 - I. What are the recommended doses of folic acid before and after pregnancy?
 - II. What are the dietary sources of folate?
 - III. How would you advise a woman who is planning to conceive on how to have a healthy diet?
 - IV. What should a healthy and balanced diet include to fulfill the needs of a pregnant woman?
 - V. What are the recommended foods to overcome problems like nausea and vomiting?
 - VI. What is weaning? When it should be started?
 - VII. What should be added to the diet of babies who are on vegetarian food?
2. Explain the stages of weaning in detail. (8)
3. Which diets are best for athletes? Discuss. (8)