

B.Sc.DEGREE EXAMINATION,APRIL 2020
II Year III Semester
Nutrition - I

Time:3 Hours

Max.marks :75

Section A (10 × 2 = 20) Marks

Answer any **TEN** questions

1. Define malnutrition
2. Name the macronutrients and micronutrients
3. What is specific dynamic action of food?
4. Reference man.
5. Name the hormones involved in regulation of blood sugar.
6. Differentiate between simple and complex carbohydrates
7. What are trans fats?
8. List few essential aminoacids
9. What is PUFA?Give examples
10. Give examples for High Biological value proteins
11. Define optimum nutrition
12. BMR

Section B (5 × 5 = 25) Marks

Answer any **FIVE** questions

13. Describe the Classification and functions of food.
14. Define Energy.Discuss about the energy requirement for adult man, adult woman, pregnant woman and lactating mother
15. Write short notes on Dietary fibre.
16. What is cholesterol? What happens due to excess intake of cholesterol?
17. Briefly explain the functions of proteins.
18. How BMR can be determined using Benedict roth apparatus?
19. Enumerate few methods to evaluate the quality of proteins

Section C ($3 \times 10 = 30$) Marks

Answer any **THREE** questions

20. Discuss elaborately about the inter relationship between nutrition and health.
21. Describe in detail about the factors affecting BMR.
22. Write the classification and functions of carbohydrates.
23. Discuss about the relationship between dietary fats and cardiac diseases.
24. What is PEM? Explain its causes, symptoms, prevention and treatment.

B.Sc.DEGREE EXAMINATION,APRIL 2020
II Year III Semester
Nutrition - I

Time:3 Hours

Max.marks :75

Section A (10 × 2 = 20) Marks

Answer any **TEN** questions

1. Define malnutrition
2. Name the macronutrients and micronutrients
3. What is specific dynamic action of food?
4. Reference man.
5. Name the hormones involved in regulation of blood sugar.
6. Differentiate between simple and complex carbohydrates
7. What are trans fats?
8. List few essential aminoacids
9. What is PUFA?Give examples
10. Give examples for High Biological value proteins
11. Define optimum nutrition
12. BMR

Section B (5 × 5 = 25) Marks

Answer any **FIVE** questions

13. Describe the Classification and functions of food.
14. Define Energy.Discuss about the energy requirement for adult man, adult woman, pregnant woman and lactating mother
15. Write short notes on Dietary fibre.
16. What is cholesterol? What happens due to excess intake of cholesterol?
17. Briefly explain the functions of proteins.
18. How BMR can be determined using Benedict roth apparatus?
19. Enumerate few methods to evaluate the quality of proteins

Section C ($3 \times 10 = 30$) Marks

Answer any **THREE** questions

20. Discuss elaborately about the inter relationship between nutrition and health.
21. Describe in detail about the factors affecting BMR.
22. Write the classification and functions of carbohydrates.
23. Discuss about the relationship between dietary fats and cardiac diseases.
24. What is PEM? Explain its causes, symptoms, prevention and treatment.