

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)

Chromepet, Chennai - 600 044.

M.Sc.FSND - END SEMESTER EXAMINATIONS - APRIL 2025

SEMESTER - I

20PNDCT1003 - Macro Nutrients

Total Duration : 2 Hrs. 30 Mins.

Total Marks : 60

Section B

Answer any **SIX** questions ($6 \times 5 = 30$ Marks)

1. Discuss the key factors affecting the Basal Metabolic Rate.
2. Write a short note on the thermic effect of food.
3. Why is the glycemic index of foods important?
4. Brief the facts about sugar and sugar substitutes.
5. Write about the methods of protein quality assessment.
6. Give a note on the hypocholesterolaemic foods.
7. Explain the difference between visible and invisible fat
8. Explain source and functions of water and electrolyte mechanism.

Section C

I - Answer any **TWO** questions ($2 \times 10 = 20$ Marks)

9. Illustrate the relationship between the body's energy balance and weight control.
10. Summarise the role of dietary fibre in management of lifestyle related diseases.
11. Explain in detail the physiological functions of proteins.
12. Highlight the importance of omega-3 and omega-6 fatty acids and their role in health and disease.

II - Compulsory question ($1 \times 10 = 10$ Marks)

13. Enumerate on the water metabolism: distribution, factors and functions.
