

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.

B.Sc.NFSMD - END SEMESTER EXAMINATIONS - APRIL 2025

SEMESTER - II

**20UFMCT2003 - Nutrition - I**

Total Duration : 2 Hrs.30 Mins.

Total Marks : 60

### **Section B**

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

1. Explain the functions of foods.
2. Illustrate the role of fiber in preventing diseases.
3. Relate the consumption of EFA in various health conditions.
4. Classify different types of proteins.
5. Describe the specific dynamic action of foods in human body.
6. Apply your knowledge to explain the functions of carbohydrates in the body .
7. Classify the sources and elaborate the health benefits of unsaturated fatty acids.
8. Ascertain the functions of amino acids.

### **Section C**

Answer any **THREE** questions ( $3 \times 10 = 30$  Marks)

9. Describe the role of nutrients, nutrition and health in maintaining good health.
10. Classify the components of Total Energy Expenditure and explain BMR in detail.
11. Interpret the mechanism involved in the regulation of blood sugar levels.
12. Relate the role of dietary lipids in cardiovascular health.
13. Distinguish kwashiorkor and marasmus and infer its preventive strategies.

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