

Roll.No.

20UNDCT5009

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. CND - END SEMESTER EXAMINATIONS - NOVEMBER 2025

SEMESTER - V

**20UNDCT5009 - Human Nutrition - II**

Total Duration : 2 Hrs.30 Mins.

Total Marks : 60

### Section B

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

1. Write short notes on hypervitaminosis A.
2. Mention the deficiency symptoms of Vitamin C.
3. State the functions and deficiency symptoms of calcium.
4. Explain the relationship between selenium and Vitamin E.
5. List the food sources and functions of Vitamin K.
6. Write short notes on the role of folic acid in the human body.
7. Write a brief account on the role of fluoride in dental health.
8. Elaborate Water balance in regulating Thirst Mechanism.

### Section C

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

9. Discuss the metabolism, functions, food sources, deficiency manifestations, and hypervitaminosis of Vitamin D.
10. Explain the functions, sources, requirements, and deficiency symptoms of the B-complex vitamins – Thiamine, Riboflavin, and Niacin.
11. Describe the distribution, functions, sources, RDA, and deficiency symptoms of iron and zinc in the human body.
12. Explain the role of iodine and selenium in the body. Add a note on their deficiency disorders and dietary sources.
13. Discuss water balance in the human body. Explain the regulation of water and electrolyte balance and the consequences of dehydration and water intoxication.

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