

Roll.No.

20UFMCT2003

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 - NOVEMBER 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 food as a source of nutrients and the functions of food.
2. Identify the specific dynamic action of food.
3. Examine on the regulation of blood sugar levels.
4. Identify the functions of cholesterol.
5. Outline the functions of protein.
6. Examine on the function of carbohydrates.
7. Identify the sources and health benefits of PUFA and MUFA.
8. Explain any 3 methods used to evaluate the quality of protein.

Section C

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

9. Identify the inter-relationship between nutrition and health and what are the visible symptoms of good health.
10. Analyse on the factors affecting BMR and the components of total energy requirement.
11. Explain the role of fibre in human nutrition.
12. Examine the relationship of dietary lipids and cardiovascular disease.
13. Explain the aetiology, clinical features, treatment and prevention of PEM.
