

B.Sc. DEGREE EXAMINATION, NOVEMBER 2018
II Year III Semester
Core Major - Paper V
NUTRITION - I

Time : 3 Hours

Max.marks :75

Section A ($10 \times 2 = 20$) Marks

Answer any **TEN** questions

1. Define malnutrition.
2. What is optimum nutrition?
3. What is meant by physiological fuel value? Give the values for carbohydrate, fat and protein.
4. What is indirect calorimetry?
5. What are transfatty acids? Why are they considered harmful? Give any 2 food sources.
6. What are ketone bodies? When are they formed in excess?
7. What are conditionally essential amino acids? Give examples.
8. Define Biological Value.
9. What are dextrins?
10. Explain protein sparing action of carbohydrate.
11. What is respiratory quotient? Give the R.Q values when carbohydrates, protein and fat are oxidized.
12. What is resistant starch?

Section B ($5 \times 5 = 25$) Marks

Answer any **FIVE** questions

13. Explain food as a source of nutrients.
14. How will you determine energy value of foods? Explain.
15. Describe how blood sugar levels are regulated.
16. List food sources, functions and effects of deficiency of essential fatty acids.
17. Explain the concept of mutual supplementation of proteins with suitable examples.
18. What is basal metabolism? Explain how it can be measured using indirect calorimetry.
19. Bring out the physiological significance of phospholipids and cholesterol.

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

Answer any **THREE** questions

20. Discuss the interrelationship between nutrition and health.
21. What is total energy requirement? Describe the factors affecting total energy requirement and the factorial method for estimating total energy requirement.
22. Detail the physiological effects and health implications of dietary fiber.
23. Elucidate the relationship between dietary lipids and cardiovascular disease.
24. Give an account of protein energy malnutrition with respect to etiology, clinical effects.

B.Sc. DEGREE EXAMINATION, NOVEMBER 2018
II Year III Semester
Core Major - Paper V
NUTRITION - I

Time : 3 Hours

Max.marks :75

Section A ($10 \times 2 = 20$) Marks

Answer any **TEN** questions

1. Define malnutrition.
2. What is optimum nutrition?
3. What is meant by physiological fuel value? Give the values for carbohydrate, fat and protein.
4. What is indirect calorimetry?
5. What are transfatty acids? Why are they considered harmful? Give any 2 food sources.
6. What are ketone bodies? When are they formed in excess?
7. What are conditionally essential amino acids? Give examples.
8. Define Biological Value.
9. What are dextrins?
10. Explain protein sparing action of carbohydrate.
11. What is respiratory quotient? Give the R.Q values when carbohydrates, protein and fat are oxidized.
12. What is resistant starch?

Section B ($5 \times 5 = 25$) Marks

Answer any **FIVE** questions

13. Explain food as a source of nutrients.
14. How will you determine energy value of foods? Explain.
15. Describe how blood sugar levels are regulated.
16. List food sources, functions and effects of deficiency of essential fatty acids.
17. Explain the concept of mutual supplementation of proteins with suitable examples.
18. What is basal metabolism? Explain how it can be measured using indirect calorimetry.
19. Bring out the physiological significance of phospholipids and cholesterol.

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

Answer any **THREE** questions

20. Discuss the interrelationship between nutrition and health.
21. What is total energy requirement? Describe the factors affecting total energy requirement and the factorial method for estimating total energy requirement.
22. Detail the physiological effects and health implications of dietary fiber.
23. Elucidate the relationship between dietary lipids and cardiovascular disease.
24. Give an account of protein energy malnutrition with respect to etiology, clinical effects.