## B.Sc DEGREE EXAMINATION,APRIL 2019
### II Year III Semester
### Nutrition - I

**Time : 3 Hours**                                          **Max.marks :75**

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

Answer any **TEN** questions

1. Define Health.
2. What do you mean by Malnutrition?
3. BMR- It's Significance.
4. Mention the energy value of 1 gm of Carbohydrate, Protein and Fat.
5. Classify Fibres.
6. List 5 Fibre rich foods that can be prescribed for a Diabetic patient.
7. Mention 3 functions of Phospholipids.
8. Name any 4 food sources of EFA.
9. NPU.
10. Difference between Marasmus and Kwarshiorkar.
11. What do you mean by Ischaemic Heart Disease?
12. List the role of dietary Protein in diet.

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

Answer any **FIVE** questions

13. Give a detailed relationship between Nutrition and Health.
14. How Bomb Calorimeter been used for the calculation of energy value of Foods?
15. Role of Dietary Fibre in regulation of Blood Sugar level- Elaborate.
16. Functions of Cholesterol.
17. List the significance of NPU and NPR in relation to evaluation of Protein quality.
18. Causative factors of Atherosclerosis with schematic diagram of Plaque formation.
19. Clinical symptoms of Good Health- Explain in detail.

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

Answer any **THREE** questions

20. Narrate the Development of Nutrition as a Science.

21. Factors affecting BMR and list the recommended allowance of energy in terms of Reference Man and Reference Woman.

22. Classification of Carbohydrates and functions of Carbohydrates in the body.

23. Ischemic Heart disease- Etiology, and Preventive measures with highlight on therapeutic treatment.

24. PEM- Causative factors, types, cinical symptoms & dietary approach.

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