

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. What is the difference between malnutrition and undernutrition?
2. Discuss classification of nutrients.
3. What are the components of energy requirements?
4. Define reference man and reference woman.
5. Distinguish between SCC & RDS.
6. What is Glycaemic Index? How is it calculated?
7. What are the characteristics of Omega 3 and Omega 6 fatty acid deficiencies?
8. Name the Essential Fatty Acids.
9. Discuss the Nutritional classification of Proteins.
10. What is the RDA of Protein for a 8 month old infant, 14 year old Boy, Pregnant Woman?
11. What is the Thermic Effect of Food?
12. Calculate total energy requirement of an adult woman aged 48 weighing 80 kg, doing sedentary work.

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

Answer any **FIVE** questions

13. What are the dimensions of Health according to WHO?
14. How do you determine Basal Metabolic Rate by calculation?
15. Discuss the Hormonal control of Blood Sugar Levels.
16. Summarise how fat is the cause of Atherosclerosis.
17. Discuss the Metabolism of Proteins.
18. Discuss the functions of Essential Fatty Acids.
19. Discuss the role of fat in the body.

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

Answer any **THREE** questions

20. How does the body digest, absorb, transport and utilize the nutrients from food?
21. Write in detail the factors affecting Basal Metabolic Rate.
22. Discuss the role of fibre in human nutrition.
23. Elucidate the digestion, absorption and transport of lipids.
24. Discuss the different functions of Proteins in Human Body.

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