

M.Sc. DEGREE EXAMINATION, NOVEMBER 2019
II Year III Semester
Advanced Human Nutrition- Macro Nutrients

Time : 3 Hours

Max.marks :75

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

Answer any **TEN** questions

1. What is the total energy requirement of the human body.
2. Define Physiological fuel value.
3. What is REE? How to predict REE?
4. What is glycemic index of foods? List the uses of it.
5. List the therapeutic effects of carbohydrates.
6. What is PDCAAS?
7. Distinguish between vegetable and animal fats.
8. What are hypocholesterolemic foods? Give examples.
9. What is the role of fat in diet?
10. List the functions of proteins?
11. What is meant by water intoxication?
12. How is the water distributed in the human body?

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

Answer any **FIVE** questions

13. Enumerate on the role of carbohydrates in maintenance of blood glucose level.
14. Define the thermic effect of food and explain the factors affecting it.
15. What are the physiological functions of proteins?
16. List and describe the factors affecting protein requirement.
17. Give an account on the effects of deficiency and excess of body fat.
18. Bring out the functions of water inside the body.
19. Explain how water maintains the electrolyte balance

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

Answer any **THREE** questions

20. What is BMR? Discuss on the factors affecting BMR.
21. Explain the term – quality of protein. What are the methods of assessment of protein quality?
22. Differentiate the characteristics of omega-6 and omega-3 fatty acids with respect to sources, physiological functions and their role in health and diseases.
23. What is water balance of the body? How does body maintain water balance?
24. Discuss the role of dietary fibre in health and diseases.

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