B.Sc. DEGREE EXAMINATION,NOVEMBER 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 nutrition.
2. Explain the term malnutrition.
3. What is specific dynamic action of food?
4. Who is a reference woman?
5. Define the term basal metabolism.
6. What is dietary fibre? Give two examples.
7. What is prebiotics? Give one example.
8. Name any four Essential Fatty acids.
9. What is atherosclerosis?
10. List four functions of proteins.
11. Differentiate between optimum nutrition and good nutrition
12. How is kwashiorkor different from marasmus.

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

Answer any **FIVE** questions

13. Write any five visible signs of good nutrition.
14. How energy value of food is determined using bomb calorimeter?
15. Discuss how hormones control glucose level in blood.
16. Explain the functions of cholesterol in the body.
17. Enumerate on five methods to evaluate protein quality.
18. Explain any five factors affecting BMR.
19. What is mutual supplementation of protein? Differentiate between dispensable and indispensable amino acid.

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

Answer any **THREE** questions

20. Describe the history of nutrition.

21. How do you determine energy metabolism during work? Explain the factorial methods used to determine daily energy requirement.

22. Enumerate on the role of fibre in human nutrition

23. Explain the role of dietary lipids in causing ischemic heart disease.

24. Define PEM. Elaborate on the etiology, clinical features, treatment and prevention of PEM.

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