

**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. List three physiological value of food.
3. What is thermogenesis of food?
4. How is Benedict Roth Basal Metabolism Apparatus used?
5. What are the functions of dietary fibre?
6. List the classification of carbohydrates.
7. Write a short note on Phospholipids.
8. What is function of TGL?
9. What is the biological value of Proteins?
10. List few conjugated proteins.
11. Write in brief about direct calorimetry.
12. What are dispensable and indispensable amino acids?

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

Answer any **FIVE** questions

13. Explain the physiological functions of food.
14. Explain the factors affecting BMR.
15. Write the functions of carbohydrates.
16. How do you determine the energy value of food using Bomb's calorimeter.
17. Write the functions of proteins.
18. Write the classification of fats, their importance and the food sources in detail.
19. How do we evaluate protein quality in foods?

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

Answer any **THREE** questions

20. Write in detail: a.) Over nutrition and under nutrition b.) Functions of Food.
21. Explain in detail the factorial methods for calculation of the daily energy requirements of an adult for varying degrees of physical activity.
22. Review the process of digestion, absorption and metabolism of carbohydrates in humans in detail with a suitable illustration.
23. Discuss the relationship between fats and atherosclerosis What are the suggested ways to prevent atherosclerosis.
24. Discuss etiology, clinical features, treatment and prevention of PEM.

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