

B.Sc. DEGREE EXAMINATION, APRIL 2020
II Year III Semester
Nutrition - I

Time : 3 Hours

Max.marks :75

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

Answer any **TEN** questions

1. List the visible symptoms of good health.
2. What is the relationship between nutrition and health?
3. Define BMR. List the factors affecting BMR.
4. What is thermic effect of food?
5. Give the functions of carbohydrates.
6. List the components of dietary fibre.
7. How does fibre prevent colon cancer?
8. List any 4 functions of proteins.
9. What are trans fatty acids.
10. List the sources of essential fatty acid.
11. What are blended oils.
12. Give the nutritional classification of proteins.

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

Answer any **FIVE** questions

13. Explain the functions of food.
14. Give the difference between physiological fuel value and gross fuel value.
15. Explain any two methods of measuring total energy requirement.
16. Write a note on glycemic index and glycemic load of foods.
17. Give the classification of lipids.
18. Explain the role of cholesterol in the body.
19. How does animal protein differ from vegetable protein?

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

Answer any **THREE** questions

20. How would you determine the energy value of food using bomb calorimeter?
21. Discuss the role of different hormones in maintaining normal blood glucose level.
22. What is dietary fibre? Explain the physiological effects of fibre.
23. Enumerate on the role of fat in the body.
24. Explain the term 'quality of proteins'. Discuss any 2 methods.

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