

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)
Chromepet, Chennai — 600 044.

B.Sc. END SEMESTER EXAMINATIONS NOVEMBER-2022

SEMESTER - II

20UFMCT2003 - Nutrition - I

Total Duration : 2 Hrs 30 Mins.

Total Marks : 60

Section A

Answer any **SIX** questions ($6 \times 5 = 30$ Marks)

1. Differentiate under nutrition and over nutrition.
2. List the functions of food.
3. Mention the factors affecting the basal metabolic rate.
4. Explain physiological energy value of foods.
5. Enumerate the role of carbohydrate in regulating blood sugar levels.
6. Describe the term prebiotic with examples.
7. Enlighten the benefits of using blended oils.
8. Brief on indispensable and dispensable amino acids.

Section B

Answer any **THREE** questions ($3 \times 10 = 30$ Marks)

9. Give suitable examples and explain the relationship between nutrition and health.
10. Determine the energy requirements using indirect calorimetry method.
11. Illuminate the significant role of fibre in improving gut health.
12. Enumerate the functions of PUFA, MUFA and cholesterol in the human body.
13. Describe the methods to evaluate protein quality?

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