

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.(NFSMD) END SEMESTER EXAMINATIONS APRIL-2023

SEMESTER - II

20UFMCT2003 - Nutrition - I

Total Duration : 2 Hrs 30 Mins.

Total Marks : 60

Section B

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

1. Explain vegetables and fruits as source of Antioxidants.
2. Interpret the role of balanced nutrition and good health.
3. Prepare the components of total energy requirements.
4. Illustrate Benedict Roth basal Metabolism Apparatus and explain its functions.
5. Describe the Recommended Energy requirements for adult men and women.
6. Relate the different mechanisms in regulation of blood sugar levels.
7. Identify the uses of Blended oils in the diets.
8. Justify the mutual supplementation of proteins.

Section C

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

9. Elaborate the inter relationship between nutrition and health among adult women.
10. Relate the estimation of energy cost of physical activity with BMR.
11. Examine the role of fiber in human nutrition.
12. Predict the impact of dietary lipids and their relation to cardiovascular diseases.
13. Appraise the protein quality in terms of PER, BV, NPU and NPR.
