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 NOVEMBER -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 the functions of food in detail with suitable examples.

2. Illustrate the determination of the energy value of food by the direct calorimetry method.

3. Relate and discuss the role of dietary lipids in the development of cardiovascular diseases.

4. Describe the physiological effect of dietary fiber.

5. Discuss the etiology, clinical features, and treatment of PEM.

6. Give the classification and functions of carbohydrates in detail.

7. Describe the factors affecting BMR in detail.

8. How do you determine the quality of proteins? Discuss any four methods.

Section C

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

9. Explain the following:
   (a) the role of dietary fiber in human nutrition;
   (b) prebiotics

10. Classify proteins and explain their functions in detail.

11. (a) Justify "food as a source of nutrients" with suitable examples.
    (b) Discuss on Inter relationship between nutrition and health.

12. Give a classification of lipids. Discuss in detail the sources, functions, and deficiency of essential fatty acids.

13. How do you measure the BMR using the direct and indirect calorimetry methods?

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