

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. CND - END SEMESTER EXAMINATIONS APRIL - 2024

SEMESTER - III

**20UNDCT3005 - Human Nutrition I**

Total Duration : 2 Hrs. 30 Mins.

Total Marks : 60

### **Section B**

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

1. List the signs of optimum nutrition.
2. What are the thermogenic foods to promote weight loss?
3. Relate the hormonal control of carbohydrate metabolism?
4. Classify soluble and insoluble fibre.
5. Name the food sources of EFA.
6. Prepare the functions of phospholipids.
7. Explain the functions of TGL.
8. Infer the role of indispensable amino acids.

### **Section C**

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

9. Sketch the inter relationship between bad nutrition and health.
10. Predict the ways of determination of energy value of foods using bomb calorimeter.
11. Determine the physiological effects of dietary fibre.
12. Relate the dietary lipids and its causation of atherosclerosis and ischemic heart disease.
13. Examine the methods of evaluation of protein quality.

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