

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 - NOV'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. State the inter relationship between nutrition and health.
2. Define malnutrition and describe the causes of undernutrition and overnutrition.
3. How would you apply the concept of Basal Metabolic Rate (BMR) to calculate the total energy requirement of an adult?
4. Distinguish between soluble and insoluble dietary fibres.
5. Discuss the etiology of protein deficiency in Kwashiorkor and Marasmus.
6. Classify proteins and amino acids in the human body.
7. Compare the characteristics of animal fats and vegetable fats.
8. Examine the role of ketone bodies and describe the dietary fat requirements for maintaining health.

Section C

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

9. Classify the different types of nutrients and their functions in the body.
10. How would you apply the use of a bomb calorimeter to determine the energy content of a food product?
11. How is blood sugar regulation controlled during the absorption and utilization of carbohydrates?
12. Explain the application methods used to evaluate protein quality.
13. Assess the relationship between dietary lipids and the development of atherosclerosis and ischemic heart disease.
