

SET 1
TB145540C

B. Sc DEGREE (C.B.C.S.S) EXAMINATION
Fifth Semester – October 2016
Core course -HSC5HNB -HUMAN NUTRITION AND BIOCHEMISTRY
(For B. Sc Home Science- 2015 admissions)

Time: 3 hours

Maximum: 60 marks

Part A (Short Answer Questions)

Answer **all** questions. Each question carries **1 mark**

1. Define food security.
2. Write a note on physiological value of foods.
3. What are essential amino acids?
4. What is fluorosis?
5. What are lactogogues?

(5x1 = 5 marks)

PART B (Brief Answer Questions)

Answer any **5 out of 8** questions. Each question carries **2 marks**

6. What is RDA? Give the RDA for protein in pregnancy and lactation.
7. What is DLW technique?
8. What is Glycemic Index? Give any 2 examples of low glycemic index foods.
9. What are the types of lipoproteins?
10. Explain the signs and symptoms of iron deficiency anemia.
11. Bring out the role of folic acid.
12. List the factors that decrease and increase calcium absorption in the small intestine.
13. What is gestational diabetes?

(5 x 2 = 10 marks)

PART C (Essay)

Answer any **five out of eight** questions. Each question carries **5 marks**

14. Write a note on the current food security situation in India.
15. What is thermic effect of food? What are the factors affecting it?
16. What are essential fatty acids? Bring out its significance.

(P.T.O)

17. Enumerate the functions of water in the human body.
18. Explain the antioxidant role of Vit.E in free radical scavenging.
19. Explain niacin deficiency disorders.
20. Explain the problems related to iodine deficiency.
21. What are the factors affecting food habits of adolescents?

(5 x 5 = 25 marks)

PART D

Answer any *two* questions out of *four*. Each question carries **10** marks

22. Explain the methods for estimating energy expenditure.
23. Explain glycolytic pathway.
24. Write a note on the deficiency disorders of Vit A in the human body.
25. Write a note on the nutrient requirements of a pregnant woman and mention the dietary modifications.

(2 x 10= 20 marks)