

TB221730V

Reg. No :

Name :

B. Sc. DEGREE (C.B.C.S.) EXAMINATION, NOVEMBER 2022
(2022 Admissions (regular) 2021 Admissions (Improvement / Supplementary), 2020 Admissions Supplementary)
SEMESTER I - CORE COURSE (NUTRITION AND DIETETICS
ND1B01B20 - PRINCIPLES OF NUTRITION

Time : 3 Hours

Maximum Marks : 80

Part A

I. Answer any Ten questions. Each question carries 2 marks

(10x2=20)

1. Summarize anthropometric measurements.
2. Define the term food.
3. Discuss on thermic effect of food.
4. Explain calculation of total energy needed for the body.
5. Write on soluble fibers.
6. Write a note on conditionally essential amino acids.
7. Classify protein based on chemical nature.
8. List out the various sources of protein.
9. Explain triglycerides.
10. Classify lipids with suitable examples.
11. Discuss the functions of vitamin E.
12. Explain the importance of minerals in bone formation.

Part B

II. Answer any Six questions. Each question carries 5 marks

(6x5=30)

13. Write a short note on food pyramid.
14. Write a note on micronutrients.
15. Explain in brief the concept of energy balance.
16. Write a short note on the significance of dietary carbohydrates.
17. Discuss in brief on the benefits of fiber.
18. Discuss on marasmus.
19. Differentiate between essential and non-essential amino acids with examples.
20. Write the functions and deficiency of vitamin K.
21. Explain the role of iodine in the body.

Part C

III. Answer any Two questions. Each question carries 15 marks

(2x15=30)

22. Describe the term menu. Enlist the need for menu planning.
23. Discuss on: a)Crude fiber b)Insoluble fiber c)Disaccharides.
24. Explain the functions and health benefits of water.
25. Explain Vitamin B2 under the following heads : (a) Functions (b) Deficiency (c) Sources