

TB205830V

Reg. No :

Name :

**BACHELOR'S DEGREE (C.B.C.S.) EXAMINATION, NOVEMBER 2022
(2020 Admission Regular)
SEMESTER V - OPEN COURSE (NUTRITION AND DIETETICS)
ND5D01AB20 - HEALTH AND NUTRITION**

Time : 3 Hours

Maximum Marks : 80

Part A

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

(10x2=20)

1. Discuss on saturated fat.
2. Explain the common symptoms of vitamin B deficiency.
3. Explain the sources and functions of minerals.
4. Explain the functions of macronutrients.
5. Discuss on corneal xerosis.
6. Discuss on sickle cell anaemia.
7. Explain aplastic anaemia.
8. Discuss on MUAC.
9. Discuss on arm span measurement.
10. Discuss on the procedure used to measure skin fold thickness.
11. Differentiate between various types of diabetes mellitus.
12. Discuss on rheumatic heart disease.

Part B

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

(6x5=30)

13. Explain the sources of vitamins.
14. Discuss on grade one and grade two obesity.
15. Discuss on carbohydrates.
16. Explain Kwashiorkor.
17. Explain the causative factors of PEM.
18. Discuss on a)Conjunctival xerosis b)Night blindness and c)Keratomalacia.
19. Discuss on anthropometric measurements.
20. Discuss on body mass index.
21. Explain dietary management for hypertension.

Part C

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

(2x15=30)

22. Explain the functions and deficiency disorders of vitamin A.
23. Discuss on the functions and deficiency disorders of a)Potassium b)Calcium c)Vitamin C and d)Sodium.
24. Explain the etiology of night blindness with a flowchart.
25. Explain the common symptoms and management of CHD.