

TB205335V

Reg. No :

Name :

B. Sc. DEGREE (C.B.C.S.) EXAMINATION, NOVEMBER 2022
2020 ADMISSIONS REGULAR AND 2019, 2018 ADMISSIONS SUPPLEMENTARY
SEMESTER V - CORE COURSE (HOME SCIENCE)
HS5B06B18 - HUMAN NUTRITION

Time : 3 Hours

Maximum Marks : 60

Part A

I. Answer any Ten questions. Each question carries 1 mark

(10x1=10)

1. Comment on Physical Activity Level(PAL)?
2. Define the Indian Reference man.
3. Name Omega 3 Fatty acids.
4. Define Biological Value (BV) of proteins.
5. What is transamination?
6. Identify the vitamin referred to as fresh food vitamin and state reason.
7. List 4 food sources of Vitamin A (retinol and Carotene).
8. List the major functions of B Vitamins.
9. What is the need for weaning?
10. Comment on the iron requirement in school going children of 10-12 years.
11. What is gestational diabetes?
12. What is anorexia nervosa?

Part B

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

(6x5=30)

13. What is a food guide pyramid? Draw a neat food guide pyramid indicating the different food groups.
14. Explain the Tri Carboxylic Acid(TCA) cycle with the aid of a neat figure.
15. Summarize the functions and distribution of body water.
16. Write a note on the functions and deficiency symptoms of Zinc.
17. What are the consequences of Iodine deficiency among the different age groups?
18. What are the guidelines for inculcating good food habits among pre-school children?
19. How are supplementary foods introduced to an infant?
20. Detail the importance of adequate nutrition in adolescence.
21. Explain the physiological changes during old age.

Part C

III. Answer any Two questions. Each question carries 10 marks

(2x10=20)

22. Write an essay on protein metabolism, sources and RDA.
23. What are the functions of Calcium ? What are the factors affecting calcium absorption?
24. What are the developments that take place in infancy?
25. Elaborate the nutritional requirements and significance of an optimal diet in adolescence.