

B.SC. DEGREE (C.B.C.S.S) EXAMINATION, JANUARY 2019
(2016 Admission Supplementary)
SEMESTER V - CORE COURSE (HOME SCIENCE)
HSSBT06B - HUMAN NUTRITION AND BIOCHEMISTRY

Time : 3 Hours

Maximum Marks : 60

Part A

I. Answer all questions. Each question carries 1 marks **(5x1=5)**

1. Define Indian reference woman.
2. What is thermic effect of food?
3. What are monosaccharides?
4. What are the precursors of vitamin A?
5. What is cholesterol?

Part B

II. Answer any Five questions. Each question carries 2 marks **(5x2=10)**

6. Comment on a balanced diet.
7. What is physiological fuel value?
8. Differentiate dietary fibre and crude fibre
9. What is glycemic index of foods?
10. What is scurvy?
11. Discuss the 3 D's of pellagra.
12. Discuss deficiency symptoms of pyridoxine.
13. List the functions of vitamin B12.

Part C

III. Answer any Five questions. Each question carries 5 marks **(5x5=25)**

14. How do you measure Basal Metabolic Rate in direct calorimetry?
15. Discuss total energy requirement and factors determining the same.
16. Write a note on the functions and distribution of body water.
17. Explain the functions of carbohydrates.
18. Give the role of minerals in bone formation.
19. Discuss the spectrum of iodine deficiency disorders.
20. Explain the nutritional requirements and dietary guidelines for an adult engaged in heavy work.
21. Comment on the impact of maternal malnutrition on foetal development.

Part D

IV. Answer any Two questions. Each question carries 10 marks **(2x10=20)**

22. Write an essay on the measurement of energy expenditure using different techniques.
23. Write an essay on carbohydrate metabolism in the human body.
24. Discuss the role of thiamine and riboflavin in the human body.
25. Explain the importance of nutrition in school going age and plan a days' menu for a school going child.