

B.SC. DEGREE (C.B.C.S.S) EXAMINATION, OCTOBER 2018
(2016 Admission Regular & 2015 Admission Supplementary)
SEMESTER V - CORE COURSE (HOME SCIENCE)
HS5BT06B - 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 RDA.
2. What is specific dynamic action of food?
3. What are non-starch poly saccharides?
4. What is fluorosis?
5. What is gestational diabetes?

Part B

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

6. List four factors affecting RDA.
7. List four factors influencing BMR.
8. Differentiate visible and invisible fat.
9. List four functions of lipids.
10. Discuss vitamin E as an antioxidant.
11. What are the requisites of a packed lunch for a school going child?
12. Explain the effect of deficiency of biotin.
13. What is pernicious anaemia?

Part C

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

14. List factors influencing Basal Metabolic Rate.
15. How do you measure Basal Metabolic Rate in indirect calorimetry?
16. Discuss the sources components and requirements of dietary fibre.
17. Write a note on the functions and distribution of body water.
18. Explain visual cycle.
19. Comment on the importance of nutrition in infancy with specific reference to weaning and supplementary foods.
20. Comment on growth and development during adolescence and eating disorders in this age group.
21. Explain the composition of breast milk and its importance.

Part D

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

22. Draw the diagram and explain the principle of Benedict oxy- calorimeter.
23. Explain the role of dietary fibre in the human body and its role in disease prevention.
24. Discuss the role of thiamine and riboflavin in the human body.
25. Explain the physiological changes and importance of nutrition in pregnancy.