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MASTER'S DEGREE (C.S.S) EXAMINATION, NOVEMBER 2024
2024 ADMISSIONS REGULAR
SEMESTER I - CORE COURSE Food Science And Nutrition
FN1C02TM20 - Advanced Nutrition I

Time : 3 Hours**Maximum Weight : 30**

Part A

I. Answer any Eight questions. Each question carries 1 weight**(8x1=8)**

1. Define body composition at Molecular level.
2. Define body composition at Atomic level.
3. Differentiate Ghrelin and cholecystokinin .
4. Classify life styles of Indian adults based on PAL.
5. Define glycemic index, glycemic load and satiety index.
6. What is lactose intolerance? What are the ill effects of it? How can it be treated?
7. Elaborate on obligatory nitrogen losses of adults.
8. Give the nutritional classification of proteins.
9. Differentiate fat replacers and fat burners.
10. Write a short note on advantages and disadvantages of hydrogenated fat.

Part B

II. Answer any Six questions. Each question carries 2 weight**(6x2=12)**

11. Discuss Under water weighing as a method to assess body composition.
12. Discuss DLW as method of assessing energy expenditure.State the advantages and disadvantages.
13. What are resistant starches (RS)? Enlist the types of RS.
14. Discuss on the hormonal control of carbohydrate homeostasis.
15. Describe the process of amino acid absorption. Enlist the factors affecting.
16. Discuss on the steps involved in the brush border absorption of amino acids.
17. Discuss on the functions of fat.
18. What are these benefits of blending oils? Which are the generally blended for health benefits?

Part C

III. Answer any Two questions. Each question carries 5 weight**(2x5=10)**

19. With the help of a diagramme describe the method of measuring BMR of an adult using Benedict-Roth apparatus.
20. Describe and compare the physiological actions and health benefits of soluble and insoluble fibers .
21. Discuss on the current methodology for determining protein requirement of Indians. Give the protein requirement for different age groups.
22. Bring out the role of essential fatty acids in our diet. Critically evaluate the various fats used in Indian diet.