

TH241085MINB

Reg. No.....

Name.....

FYUG PROGRAMME EXAMINATION, NOVEMBER 2024

(2024 Admission Regular)

SEMESTER I – MINOR B COURSE (NUTRITION AND DIETETICS)

CN1DSCB101B24 -BASIC NUTRITION AND DIETETICS

Time: 1.5 Hours

Maximum Marks: 50

PART A

I. Answer all questions (MCQ). Each question carries 1 mark

Q.No:	QUESTIONS	CO	LEVEL
1.	The primary purpose of a clear liquid diet is a. To help lose weight quickly b. To minimize digestion before surgery or medical procedures c. To increase nutrient intake d. To reduce muscle mass	4	U
2.	Deficiency of which vitamin leads to the condition called scurvy? a. Vitamin A b. Vitamin B12 c. Vitamin C d. Vitamin D	3	U
3.	The food pyramid places the largest serving requirement on which group? a. Fats b. Dairy c. Grains d. Meat	1	U
4.	The food group with the highest energy content per gram is: a. Fats b. Proteins c. Carbohydrates d. Vitamins	2	U
5.	Deficiency of which mineral causes goitre? a. Iodine b. Iron c. Calcium D. Zinc	3	U

(5x1=5)

II. Answer all questions in one word. Each question carries 1 mark

Q.No:	QUESTIONS	CO	LEVEL
6.	State the vitamin necessary for calcium absorption.	3	R
7.	Give an example for complete protein.	2	U
8.	What type of therapeutic diet is used before surgery?	4	U
9.	What is the expansion of EAR?	1	U
10.	Name the mineral deficiency that causes anaemia.	3	R

(5x1=5)

PART B

III. Answer any six questions in one paragraph. Each question carries 5 marks.

Q.No:	QUESTIONS	CO	LEVEL
11.	Summarize the skills required for a dietitian.	4	U
12.	Explain the food groups and the purpose of grouping.	1	U
13.	Discuss the functions and sources of iron.	3	U
14.	Summarise on dietary computation in a diet.	4	U
15.	Explain the concept of malnutrition and its different forms.	1	U
16.	State the steps involved in diet counselling.	4	R
17.	Explain the role of BMR in determining total energy requirements	2	U
18.	Describe the cultural and psychological functions of food consumption	1	U

(6x5=30)

PART C

IV. Answer any one question. The question carries 10 marks.

Q.No:	QUESTIONS	CO	LEVEL
19.	Explain any four macro minerals, their sources and functions.	3	U
20.	Describe the functions, classifications, and dietary sources of proteins.	2	U

(1x10=10)

CO : Course Outcomes Level : R – Remember, U – Understand, Ap- Apply, Analyze, E- Evaluate, C- Create

An-