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Reg. No :

Name :

BACHELOR'S DEGREE (C.B.C.S) EXAMINATION, NOVEMBER 2024

2022 ADMISSIONS REGULAR

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. Define Basal Metabolic Rate(BMR).
2. Define a balanced diet.
3. Define water balance.
4. Define the term Essential Amino Acids(EAA).
5. Write a note on Non Starch Polysaccharides(NSPs).
6. Differentiate between heme and non - heme iron.
7. List 4 food sources of Vitamin A (retinol and Carotene).
8. What is Spina Bifida?
9. Name the nutrient deficiencies commonly occurring in preschool age.
10. List the causes of malnutrition in preschool age.
11. What is parturition?
12. What is colostrum?

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. Write a note on transamination, deamination and decarboxylation of Amino Acids.
15. Explain the structure of proteins.
16. Differentiate between wet and dry beri-beri mentioning symptoms of each.
17. Explain the factors affecting Iron absorption (promoting and inhibiting) .
18. What are the steps in meal planning?
19. How are supplementary foods introduced to an infant?
20. Explain the physiology of lactation.
21. Explain the physiological changes in pregnancy.

Part C

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

(2x10=20)

22. Evaluate the role of dietary fibre in the human body and its role in disease prevention.
23. Discuss the following aspects of Vitamin A ; a.Functions b.Deficiency
24. What are the nutritional requirements of a school going child?
25. Elaborate the nutritional requirements and significance of an optimal diet in adolescence.