

TB145540E

Reg. No.....

Name.....

B. Sc. DEGREE (C.B.C.S.S) EXAMINATION, NOVEMBER 2018
(2014 Admission Supplementary)
SEMESTER V - CORE COURSE (HOME SCIENCE)
HSC5HNB - HUMAN NUTRITION AND BIOCHEMISTRY

Time: Three Hours

Maximum Marks: 60

PART A

I. Answer all questions. Each question carries 1 mark.

1. Give the RDA for iron for a pregnant woman.
2. Define Gross Calorific Value.
3. What are ketone bodies?
4. What is edema?
5. What is night blindness?
6. Give any two important sources of folic acid
7. What is hyponatremia?
8. Define weaning?

(8x1=8)

PART B

II. Answer any six questions. Each question carries 2 marks.

9. Define food security
10. Describe an Indian Reference Man.
11. What are the pre gastric factors affecting food intake?
12. Give the nutritional classification of amino acids.
13. What is PUFA? Give 2 foods rich in PUFA.
14. What are the functions of water
15. Discuss the role of Vitamin E in free radical scavenging
16. What is scurvy ?
17. What are goitrogens?
18. What are the requisites of a packed lunch for a school going child?

(6x2 =12)

PART C

III. Answer any four questions. Each question carries 4 marks.

19. Explain the types of dietary fibre and bring out its potential health benefits.
20. Explain the consequences of water imbalance in the human body.
21. Explain the functions of Vitamin A.
22. Explain the deficiency signs of riboflavin deficiency

23. Discuss the role of calcium.
24. Plan a day's diet for a preschool child. Justify.

(4x4 = 16)

PART D

IV. Answer any two questions. Each question carries 12 marks.

25. Describe the components of energy expenditure. Discuss the factors affecting it.
26. Explain the methods of evaluating protein quality.
27. Write a note on the antioxidant role of vitamins in the human body.
28. Explain the physiological changes in old age and related nutritional requirements.

(2 x12= 24)