TB251339M

Reg. No :.....

Name :.....

BACHELOR'S DEGREE EXAMINATION,OCTOBER 2025

2025 ADMISSIONS REGULAR

SEMESTER I - MAJOR (NUTRITION AND DIETETICS)

CN1DSCA01B24 - Basic Nutrition and Dietetics

Time : 1.5 Hours

Maximum Marks : 50

Part A

Answer all questions. Each question carries 1 mark. (1x10=10)

1. Identify two social functions of food. [CO1,Understand]
2. List two source of complete dietary protein. [CO1,Remember]
3. Discuss the term balanced diet. [CO1,Understand]
4. Discuss trans fatty acids [CO2,Understand]
5. Discuss the composition of fats [CO2,Understand]
6. List two source of complete dietary protein. [CO2,Remember]
7. Explain the deficiency of vitamin A [CO3,Understand]
8. Explain the purpose of prescribing a clear fluid diet to patients [CO4,Understand]
9. Describe how diet counselling can prevent malnutrition [CO4,Understand]
10. Describe the main characteristics of a normal diet [CO4,Understand]

Part B

Answer any 2 questions from the bunch of CO1. Each question carries 5 mark. (5x2=10)

11. Describe the significance of protein in the body. [CO1,Understand]
12. Identify the essential requisites of health. [CO1,Understand]
13. Differentiate between MyPlate and the Food Guide Pyramid [CO1,Understand]

Part B

Answer any 2 questions from the bunch of CO2. Each question carries 5 mark. (5x2=10)

14. Discuss the functions and sources of fatty acids [CO2,Understand]
15. Distinguish between saturated and unsaturated fatty acids with examples [CO2,Understand]
16. Explain the role of the thermic effect of food and physical activity in influencing total energy expenditure [CO2,Understand]

Part B

Answer any 2 questions from the bunch of CO4. Each question carries 5 mark. (5x2=10)

17. Define dietitian and explain the responsibilities in patient care [CO4,Understand]
18. Describe the different types of Diet counselling [CO4,Understand]
19. Discuss the adaptations towards regular diet to therapeutic diet [CO4,Understand]

Part C

Answer any 1 question from the bunch of CO3. Each question carries 10 mark. (10x1=10)

20. Explain the functions, sources and deficiencies of vitamins K and E [CO3,Understand]
21. Explain the functions, sources and deficiency of calcium and magnesium [CO3,Understand]