TB251236N

Reg. No :.....

Name :.....

BACHELOR'S DEGREE EXAMINATION, OCTOBER 2025

2025 ADMISSIONS REGULAR

SEMESTER I - MINOR - C (NUTRITION AND DIETETICS)

CN1DSCB101B24 - Basic Nutrition and Dietetics

Time : 1.5 Hours

Maximum Marks : 50

Part A

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

1. Discuss specific deficiency with suitable examples. [CO1,Understand]
2. Define optimum nutrition. [CO1,Remember]
3. Define malnutrition. [CO1,Remember]
4. Classify carbohydrates with suitable examples [CO2,Understand]
5. Why are fat-soluble vitamins stored in the body [CO3,Understand]
6. Name one rich source of Vitamin D [CO3,Understand]
7. Explain the importance of iron in blood formation. [CO3,Understand]
8. Summarize the role of an administrative dietitian [CO4,Understand]
9. Describe how diet counselling can prevent malnutrition [CO4,Understand]
10. Describe the role of a clinical dietitian in patient care [CO4,Understand]

Part B

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

11. Explain food pyramid with an aid of a diagram. [CO1,Understand]
12. Classify food based on shelflife and origin with suitable examples. [CO1,Understand]
13. Explain food and its classification based on pH with examples. [CO1,Understand]

Part B

Answer any 2 questions from the bunch of CO3. Each question carries 5 mark. (5x2=10)

14. Explain the functions, sources, and deficiency symptoms of Vitamin A [CO3,Understand]
15. Discuss the nutritional significance of trace minerals such as zinc, selenium, and copper [CO3,Understand]
16. Discuss the role of Vitamin B-complex in energy metabolism. [CO3,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. Summarise the skills required for a dietitian [CO4,Understand]
19. Describe the main characteristics of liquid and semi-solid diets. [CO4,Understand]

Part C

Answer any 1 question from the bunch of CO2. Each question carries 10 mark. (10x1=10)

20. Discuss in detail the classification, functions, sources, and daily requirements of carbohydrates with suitable examples [CO2,Understand]
21. Write an essay on lipids, highlighting their classification, composition, functions, and significance in health and disease [CO2,Analyse]