TB251824Q

Reg. No :.....

Name :.....

BACHELOR'S DEGREE EXAMINATION, OCTOBER 2025

2025 ADMISSIONS REGULAR

SEMESTER I - MINOR - B (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 nutrient imbalances with suitable examples. [CO1,Understand]
2. State the primary functions of carbohydrates. [CO1,Remember]
3. Describe nutrients. [CO1,Remember]
4. Define basal metabolism. [CO2,Understand]
5. Describe non-essential amino acids. [CO2,Understand]
6. Name two food sources rich in invisible fat. [CO2,Understand]
7. List out any four rich sources of vitamin C. [CO3,Remember]
8. Enumerate on functions and sources of iron [CO3,Remember]
9. List out different forms of vitamin A [CO3,Understand]
10. List out the purpose of diet therapy. [CO4,Remember]

Part B

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

11. Summarize the essential requisites of health according to WHO. [CO1,Understand]
12. Explain the concept of nutritional status and the role of macronutrients in maintaining it. [CO1,Understand]
13. Describe the significance of carbohydrates in the body. [CO1,Understand]

Part B

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

14. Describe the role of fats in human body. [CO2,Understand]
15. Explain the factors affecting total energy requirements of an individual [CO2,Understand]
16. Describe basal metabolism and outline the factors responsible for its variation. [CO2,Understand]

Part B

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

17. Describe the sources of fat soluble vitamins. [CO3,Understand]
18. Distinguish between the functions and sources of calcium and phosphorus. [CO3,Understand]
19. Discuss the functons of vitamin E. [CO3,Understand]

Part C

Answer any 1 question from the bunch of CO4. Each question carries 10 mark. (10x1=10)

20. Describe a routine hospital diet and its types [CO4,Understand]
21. Describe the steps involved in diet counselling. [CO4,Understand]