

S.No. 8753

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(For candidates admitted from 2016-2017 onwards)

B.Sc. DEGREE EXAMINATION, NOVEMBER 2022.

Part III — Nutrition and Dietetics — Major

PRINCIPLES OF NUTRITION

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20)

Answer ALL questions.

1. Define RDA.
2. What is dietary fibre?
3. List two functions of lipids.
4. What is chemical score?
5. Define Kilocalorie.
6. Define BMR.
7. What is pernicious anemia?
8. Define osteoporosis.

9. List the sources of folic acid.

10. Write two functions of vitamin B6.

PART B — ($5 \times 5 = 25$)

Answer ALL questions. Choosing either (a) or (b).

11. (a) Write the functions of carbohydrates.

Or

(b) Give the classification of dietary fibre.

12. (a) Write the functions and sources of EFA.

Or

(b) Give the nutritional classification of amino acid.

13. (a) Write about the energy requirement and sources of various age group.

Or

(b) Discuss about determination of energy requirement during work.

14. (a) Explain the functions of sodium.

Or

(b) Outline the effects of zinc deficiency.

15. (a) Give the effects of ascorbic acid deficiency.

Or

(b) Write the functions of vitamin D.

PART C — ($3 \times 10 = 30$)

Answer any THREE questions.

16. Bring out the role of hormones in the regulation of blood sugar level.

17. Elaborate on the methods to evaluate protein quality.

18. Explain factorial method for determining the energy requirement for physical activity.

19. Give the functions of calcium and explain the effects of deficiency.

20. Write the functions, requirements and sources of vitamin E.