

S.No. 5531

16 SCCHS 2

(For candidates admitted from 2016-2017 onwards)

B.Sc. DEGREE EXAMINATION, APRIL 2022.

Part III — Home Science — Major

PRINCIPLES OF NUTRITION

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20)

Answer ALL questions.

1. Define RDA.
2. Give the rich sources of carbohydrates.
3. Write the nutritional classification of proteins.
4. List the deficiency symptoms of EFA.
5. Define Physiological Energy value of foods.
6. What are the factors affecting the BMR.
7. Write the classification of minerals with two examples.
8. List any two function of calcium.

9. Mention any two functions of vitamin D.
10. List the deficiency symptoms of Niacin.

PART B — ($5 \times 5 = 25$)

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

11. (a) Brief on the general principles of deriving RDA.

Or

- (b) Define fibre and give the classification of fibre.

12. (a) Write a brief note on nutritional classification of protein.

Or

- (b) Discuss on the functions of lipid.

13. (a) Write a brief note on gross fuel value.

Or

- (b) How will you calculate BMR by factorial method?

14. (a) Explain in brief on the role of calcium in blood clotting.

Or

- (b) Discuss the factors that affect the iron absorption.

15. (a) Brief on the etiology of vitamin A deficiency.

Or

- (b) Write the functions of Thiamine.

PART C — ($3 \times 10 = 30$)

Answer any THREE questions.

16. Explain the role of fibre in preventing disease.
17. Briefly explain the evaluation of protein quality – PER and BV.
18. How will you determine the energy value of food and write the principle of it.
19. Elaborate the functions of phosphorus in human nutrition.
20. Enumerate the function of folic acid and give the ICMR RDA of folic acid for different age groups.