

S.No. 5711

16 SCCND 3

(For candidates admitted from 2016–2017 onwards)

B.Sc. DEGREE EXAMINATION, APRIL 2022.

Part III — Nutrition and Dietetics – Major

PRINCIPLES OF NUTRITION

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20)

Answer ALL the questions.

1. Mention the uses of RDA.
2. What are the sources of dietary fibre?
3. Define PER.
4. Define EFA.
5. What is SDA?
6. Give the RDA for adult women and pregnant women.
7. What is Goitre?
8. Define the effects of fluorine deficiency.

9. What is beriberi?

10. What is scurvy?

SECTION B — ($5 \times 5 = 25$)

Answer ALL the questions, choosing either (a) or (b).

11. (a) Give the nutritional classification of carbohydrate.

Or

(b) Write the general principles of deriving RDA.

12. (a) List the functions of Proteins.

Or

(b) Describe in detail about BV and NPU.

13. (a) Explain the method of determination of energy value of food.

Or

(b) Differential physical and physiological fuel value.

14. (a) Give the functions of iron.

Or

(b) Bring out the effect of imbalance of Sodium and Potassium.

15. (a) Give the functions of riboflavin.

Or

(b) Brief on the sources and effects of vitamin B₁₂ deficiency.

SECTION C — ($3 \times 10 = 30$)

Answer any THREE questions.

16. Bring out the role of fibre in preventing CVD.

17. Give the classification of lipid and discuss the effect of EFA deficiency.

18. Discuss the factors affecting BMR.

19. Explain in detail about Iodine functions and effects of IDD.

20. Describe the functions of vitamin E and give the effects of vitamin K deficiency.