

S.No. 3834

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(For candidates admitted from 2016–2021 Batch)

B.Sc. DEGREE EXAMINATION, NOVEMBER 2023.

Part III – Nutrition and Dietetics — Major

PRINCIPLES OF NUTRITION

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20)

Answer ALL the questions.

1. Give the sources of soluble fibre.
2. Define RDA.
3. What are the functions of histidine?
4. Write the RDA for essential fatty acid.
5. Define Joule.
6. Define RQ.
7. Write any two impact of phosphorus deficiency.
8. List the sources of calcium.

9. Write any two functions of Vitamin B6.
10. Mention the sources of iron.

PART B — (5 × 5 = 25)

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

11. (a) Point out the role of fibre in preventing coronary heart disease.

Or

- (b) Classify carbohydrates.

12. (a) Enlist the functions of lipids.

Or

- (b) Write the adverse effects of essential fatty acid deficiency.

13. (a) Explain about the determination of basal metabolism by indirect calorimetry.

Or

- (b) Differentiate physical and physiological fuel value.

14. (a) Outline the functions of Sodium.

Or

- (b) Narrate the effects of zinc deficiency.

15. (a) State the functions of Vitamin A.

Or

- (b) Summarize the effects of scurvy.

PART C — (3 × 10 = 30)

Answer any THREE questions.

16. Bring out the factors affecting RDA.
17. Elaborate on the methods to evaluate protein quality.
18. How will you estimate the energy value of foods?
19. Explain about IDD disorder.
20. Describe the impact of riboflavin deficiency.