

18U461

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Name:

Reg. No.....

FOURTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2020

(CUCBCSS-UG)

(Regular/Supplementary/Improvement)

CC17U GN4 A14 (2) - NUTRITION AND HEALTH

(Food Technology - General Course)

(2017 Admission onwards)

Time: Three Hours

Maximum: 80 Marks

PART - A

Answer *all* questions. Each question carries 1 mark.

1. Megaloblastic anemia is due to deficiency of
 - a) Vitamin E
 - b) Iron
 - c) Calcium
 - d) Folic acid
2. Measurement of energy value of food is called
 - a) Calorimetry
 - b) Joulimetry
 - c) Energymetry
 - d) None of above
3. Milk is deficient in
 - a) Methionine
 - b) Phenylalanine
 - c) Valine
 - d) Leucine
4. What is the RDA per day for Vitamin C?
 - a) 40mg
 - b) 50mg
 - c) 60mg
 - d) 70mg
5. Digestion of carbohydrate starts from
 - a) Small intestine
 - b) Mouth
 - c) Stomach
 - d) Liver
6. General formula of monosaccharides?
 - a) $C_6H_{12}O_6$
 - b) $C_6H_{10}O_6$
 - c) $C_6H_{11}O_6$
 - d) $C_9H_{11}O_{13}$
7. Ragi is very good source of
 - a) Calcium
 - b) Vitamin C
 - c) Essential Fatty acids
 - d) Zinc
8. RDA stands for
 - a) Regional Dietary Advisor
 - b) Recommended Dietary Allowances
 - c) Regional Drug Administrator
 - d) Recent Dietary Advancement
9. Excess glucose is stored in liver in the form of
 - a) Fatty acid
 - b) Glycogen
 - c) Cellulose
 - d) Starch
10. Vitamin D₃ is also known as
 - a) Retinol
 - b) Tocopherol
 - c) Cholecalciferol
 - d) Ergocalciferol

(10 x 1=10 Marks)

PART - B

Answer any *five* questions. Each question carries 2 marks.

11. Mention any two types of enzymes involved in Carbohydrate digestion.
12. Define basal metabolism.
13. What are the basic food groups?
14. What are the saturated fatty acids? Give one example?
15. Provide brief details of sources of carbohydrates.
16. Define physical health.
17. What is nutrition? How is it related to health?

(5 x 2 = 10 Marks)

PART - C

Answer any *six* questions. Each question carries 5 marks.

18. What is biological value of protein? How can it be determined?
19. Write a note on digestion, absorption and transportation of fats.
20. Write the classification of proteins.
21. Explain the importance of water and water balance in the body.
22. What are the dietary sources and functions of iodine?
23. Define nutritional status. Write on clinical examination techniques used to assess nutritional status of community.
24. What is BMR? What are the factors affecting BMR?
25. Explain specific dynamic actions of food.

(6 x 5 = 30 Marks)

PART - D

Answer any *two* questions. Each question carries 15 marks.

26. Explain in detail about fat soluble vitamins. Mention its sources, requirement and Deficiency.
27. What is malnutrition and give clinical manifestations of macronutrients?
28. Write a note on the dietary fibre.
29. How minerals are classified? Explain in detail the role of any two minerals in human nutrition.

(2 x 15 = 30 Marks)
