

19U440

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Name:

Reg.No:

FOURTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2021

(CBCSS - UG)

CC19U FTL4 A14 - NUTRITION AND HEALTH

(Food Technology - Core Course)

(2019 Admission - Regular)

Time : 2.5 Hours

Maximum : 80 Marks

Credit : 4

Part A (Short answer questions)

Answer *all* questions. Each question carries 2 marks.

1. Define undernutrition.
2. Name any four diet survey methods.
3. Define food guide pyramid.
4. Write down any two symptoms of dehydration.
5. Classify monosaccharides.
6. Expand PEM.
7. Write down the methods of estimating protein quality.
8. Write any two functions of calcium.
9. Mention the RDA of phosphorous.
10. Write any four food sources of iodine.
11. Write any two symptoms of flurosis.
12. Write any two functions of vitamins.
13. Define night blindness.

14. Define ariboflavinosis.
15. Define SCURVY.

(Ceiling: 25 Marks)

Part B (Paragraph questions)

Answer *all* questions. Each question carries 5 marks.

16. Explain physical,mental and spiritual health.
17. Explain dietary assessment.
18. Write a note on BMI.
19. Write down the symptoms of dehydration.
20. Write a note on Osteoporosis.
21. Write a note on function and sources of PUFA.
22. Write down the functions and sources of vitamin E.
23. Explain pellagra.

(Ceiling: 35 Marks)

Part C (Essay questions)

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

24. Discuss the classification , sources and functions of dietary fibre in detail
25. Write down the health benefits of PUFA and MUFA in detail
26. Explain Vitamin D under the following headings a)functions b) sources,and c)deficiency diseases
27. Discuss the deficiency diseases of niacin in detail

(2 × 10 = 20 Marks)
