

20U439

(Pages: 2)

Name:

Reg.No:

FOURTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2022

(CBCSS - UG)

(Regular/Supplementary/Improvement)

CC19U FTL4 A14 - NUTRITION AND HEALTH

(Food Technology - Common Course)

(2019 Admission onwards)

Time : 2.5 Hours

Maximum : 80 Marks

Credit : 4

Part A (Short answer questions)

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

1. Define malnutrition.
2. Name the nutritional assessing methods.
3. Write down any two functions of water.
4. Write down any two causes of dehydration.
5. Classify disaccharides.
6. Define insoluble fiber.
7. Write any two symptoms of marasmus.
8. Write down five types of lipoprotein.
9. Write any four food sources of phosphorous.
10. Write any two functions of iron.
11. Write any two causes of flurosis.
12. Classify vitamins.
13. Write any two function of vitamin A.
14. Write any two functions of vitamin D.
15. Define ariboflavinosis.

(Ceiling: 25 Marks)

Part B (Paragraph questions)

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

16. Explain physical, mental and spiritual health.
17. Write down the specific dynamic action of food.
18. Explain basic food groups.
19. Write the functions of water.
20. Write down the causes and symptoms of kwashiorkor.
21. Write a note on function and sources of MUFA.
22. Write a note on glossitis, cheilosis and angular stomatitis.
23. Write down the importance of folic acid in pregnancy period.

(Ceiling: 35 Marks)

Part C (Essay questions)

Answer any *two* questions. Each question carries 10 marks.

24. Explain the causes and symptoms of PEM.
25. Briefly explain the digestion and functions of fat.
26. Explain Vitamin C under the following headings a) functions b) sources and c) health benefits.
27. Discuss the deficiency diseases of niacin in detail.

(2 × 10 = 20 Marks)
