

22U424

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Name:

Reg.No:

FOURTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2024

(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 mental health.
2. Name any four diet survey methods.
3. Write down any two functions of proteins.
4. Expand ECF.
5. Classify polysaccharides.
6. Write down the RDA of protein.
7. Write any two clinical symptoms of PEM.
8. Define saturated fat.
9. Write any two functions of phosphorous.
10. Write any two causes of osteomalacia.
11. Write any two symptoms of osteomalacia.
12. Write any two functions of vitamins.
13. Write any four food sources of vitamin D.
14. Define scurvy.
15. Write any two food sources of pyridoxine.

(Ceiling: 25 Marks)

Part B (Paragraph questions)

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

16. Differentiate between malnutrition and undernutrition.

17. Write down the factors affecting BMR.
18. Write a note on BMI.
19. Write the functions of water.
20. Write a note on PEM.
21. Write down the deficiency and toxicity of copper.
22. Write down the causes, symptoms and preventive measures of osteomalacia.
23. Explain pellagra.

(Ceiling: 35 Marks)

Part C (Essay questions)

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

24. Discuss the classification, sources and functions of dietary fibre in detail.
25. Briefly explain the factors affecting calcium absorption 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)
