

21U424

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Name:

Reg.No:

FOURTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2023

(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 nutrition.
2. Write down any four anthropometric assessment methods.
3. Mention the factors affecting BMR.
4. Define BMI with equation.
5. Write down the enzymes present in protein digestion.
6. Define kwashiorkor.
7. List nine essential amino acid.
8. Define essential fatty acids.
9. Write any two symptoms of osteoporosis.
10. Write down the RDA of iron.
11. Define flurosis.
12. Define xerophthalmia.
13. Define keratomalacia.
14. Define ariboflavinosis.
15. Write any two food sources of pantothenic acid.

(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 down the causes of dehydration.
19. Write down the water balance in detail.
20. Write down the causes and symptoms marasmus.
21. Write down the functions of calcium.
22. Write down the functions and sources of folic acid.
23. Write down the functions and sources of Vitamin B5.

(Ceiling: 35 Marks)

Part C (Essay questions)

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

24. Explain the classification, and functions of carbohydrates.
25. Explain the classification of fattyacids in detail.
26. Explain fat soluble vitamins under the following headings a) classification, b) sources,and c) functions.
27. Explain Vitamin A under the following headings a) functions b) sources, and c) RDA.

(2 × 10 = 20 Marks)
