

FOURTH SEMESTER B.Sc. DEGREE (L.R.P.) EXAMINATION, APRIL 2016

(CUCBCSS—UG)

Common Course

A 14—NUTRITION AND HEALTH

Time : Three Hours

Maximum : 80 Marks

Part A

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

Multiple choice

1. Glucose belongs to _____.
 - (a) Polysaccharide.
 - (b) Disaccharide.
 - (c) Monosaccharide.
 - (d) Oligosaccharide.
2. Starch belongs to _____.
 - (a) Polysaccharide.
 - (b) Disaccharide.
 - (c) Monosaccharide.
 - (d) Oligosaccharide.
3. Deficiency of Vitamin A leads to _____.
 - (a) Night blindness.
 - (b) Skin Rashes.
 - (c) Scurvy.
 - (d) Impairs clotting of blood.
4. Deficiency of thiamine leads to _____.
 - (a) Beriberi.
 - (b) Sour throat.
 - (c) Pellagra.
 - (d) Goitre.
5. The linkage between two amino acids _____.
6. What is the energy value of fat ?
7. Name the major milk protein.
8. Cellulose cannot be digested in human intestine because _____.
9. Palmitic acid is _____ fatty acid.
10. Linolenic acid is _____ fatty acid

(10 × 1 = 10 marks)

Part B

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

1. Define nutrition.
2. Describe social health
3. What is MUFA and give *one* example ?
4. Write briefly about lipids classification.
5. What is polyunsaturated fatty acid and give *one* example ?
6. Provide brief details of protein sources.
7. Define calorie.

(5 × 2 = 10 marks)

Part C

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

1. Classify the carbohydrates and give *one* example each.
2. Write a note on digestion and absorption of carbohydrates.
3. Describe in detail on evaluation of protein quality.
4. What are the sources and functions of carbohydrates ?
5. Write a note on the role of iodine in the diet.
6. Explain the sources and functions of iron and effects of its deficiency.
7. Explain the sources and functions of iodine and effects of its deficiency
8. What are the functions of proteins ?

(6 × 5 = 30 marks)

Part D

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

1. Explain the role of any *three* minerals in human nutrition.
2. Describe the role of lipids in health and nutrition with reference to digestion, absorption, transportation and utilisation.
3. Describe in detail about the basic food groups and their functions.
4. Describe the sources and functions of iron as well as absorption and factors affecting its utilization along with effects of its deficiency.

(2 × 15 = 30 marks)