

D 41954

(Pages : 3)

Name.....

Reg. No.....

FOURTH SEMESTER B.Sc. (L.R.P.) DEGREE EXAMINATION, APRIL 2018

(CUCBCSS—UG)

Common Course

A 14—NUTRITION AND HEALTH

Time : Three Hours

Maximum : 80 Marks

Part A

I. Answer *all* the questions :

- 1 ——— is an example of polysaccharide.
(a) insulin. (b) starch.
(c) glucose. (d) fructose.
- 2 ——— is the good source of protein.
(a) milk. (b) meat.
(c) corn. (d) banana.
- 3 About ——— % of the body weight is water.
(a) 40–50. (b) 60–70.
(c) 20–30. (d) 100.
- 4 ——— is called fruit sugar.
(a) Sucrose. (b) Fructose.
(c) Glucose. (d) Mannose.
- 5 In lipids, fatty acids are linked to ——— molecule.
(a) Glycerol. (b) Amino acids.
(c) Glycine. (d) Glutamic acid.
- 6 ——— is the monomer of starch.
(a) Amylose. (b) Amylopectin.
(c) Glucose. (d) Fructose.
- 7 ——— is an antioxidant vitamin.
(a) Vitamin E. (b) Vitamin K.
(c) Vitamin A. (d) Vitamin B1.

Turn over

- 8 Milk is rich in _____ mineral.
- (a) Iron. (b) Calcium.
(c) Iodine. (d) Magnesium.
- 9 _____ is an example for monounsaturated fatty acid.
- (a) Linoleic acid. (b) Oleic acid.
(c) Linolenic acid. (d) Stearic acid.
- 10 _____ is a co-enzyme in transaminases.
- (a) Ascorbic acid. (b) Pyridoxin.
(c) Vitamin A. (d) Vitamin K.

(10 × 1 = 10 marks)

Part BII. Answer any *five* questions :

- 11 What is lipid ? Write different types of lipids.
- 12 Write four factors affecting BMR.
- 13 Write sources of Vitamin A and Vitamin C.
- 14 What is water balance ? Write the water requirement for humans per day.
- 15 Name essential amino acids.
- 16 Define fibre. Write on classification of fibre with examples.
- 17 Elucidate on deficiency of iron.

(5 × 2 = 10 marks)

Part CIII. Answer any *six* questions :

- 18 Write briefly on role of sodium and potassium on water balance.
- 19 Elucidate food group systems along with main nutrients supplied by each group.
- 20 Give a brief account on the clinical signs and symptoms of kwashiorkor.
- 21 Discuss on protein digestion.
- 22 Write a short note on fluorosis.
- 23 What is under nutrition ? Discuss its effects on physical and clinical parameters of the body.
- 24 How do you determine the biological value of protein ?
- 25 Write sources of iodine. Give a brief account on iodine deficiency.

(6 × 5 = 30 marks)

Part D

IV. Answer any *two* questions :

- 26 (a) Discuss on classification of carbohydrates with examples.
(b) Write on digestion of carbohydrates.
- 27 (a) Write on the following diseases : (i) Scurvy ; (ii) Beriberi ; (iii) Keratomalacia.
(b) Discuss dietary approaches to treat the above diseases.
- 28 (a) Discuss on role of copper on human nutrition.
(b) Give dietary sources of copper.
- 29 (a) Explain the energy needs of the body.
(b) Discuss on the determination of energy value of foods using Bomb Calorimeter.

(2 × 15 = 30 marks)