

C 61210

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Name.....

Reg. No.....

FOURTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2019

(CUCBCSS—UG)

Common Course for L.R.P.

A014—NUTRITION AND HEALTH

(2014 Admissions)

Time : Three Hours

Maximum : 80 Marks

Part A

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

Multiple choice :

1. Galactose belongs to _____.
 - (a) Polysaccharide.
 - (b) Disaccharide.
 - (c) Monosaccharide.
 - (d) Oligosaccharide.
2. Deficiency of Vitamin D leads to _____.
 - (a) Night blindness.
 - (b) Skin Rashes.
 - (c) Scurvy.
 - (d) Impairs clotting of blood.
3. Deficiency of Vitamin K leads to _____.
 - (a) Night blindness.
 - (b) Skin Rashes.
 - (c) Scurvy.
 - (d) Impairs clotting of blood.
4. Deficiency of riboflavin leads to _____.
 - (a) Beriberi.
 - (b) Sour throat.
 - (c) Pellagra.
 - (d) Goitre.

Fill in the blanks :

5. MUFA stands for _____.
6. One calorie is equal to _____ joules.

Turn over

7. Linoleic acid is _____ fatty acid.
8. The linkage between two aminoacids is called as _____.

Give very short answer :

9. What is the energy value of carbohydrate ?
10. Give one example of essential amino acid.

(10 × 1 = 10 marks)

Part B

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

1. Describe under nutrition.
2. Explain mental health.
3. What are essential aminoacids ? Give one example.
4. Write briefly about protein classification.
5. What is saturated fatty acid and give one example.
6. Provide brief details of sources of lipids.
7. What are basic food groups ?

(5 × 2 = 10 marks)

Part C

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

1. Classify the lipids and give one example each.
2. Write a note on digestion and absorption of lipids.
3. Write a note on the water balance in human body.
4. What are the sources and functions of lipids ?
5. Write a note on the BMR.
6. Describe the sources and functions of phosphorous and effects of its deficiency.

7. Explain the sources and functions of flouride and effects of its deficiency.
8. Explain the relation of good nutrition to normal physical development and sound health.

(6 × 5 = 30 marks)

Part D

Answer any two questions.

Each question carries 15 marks.

1. Explain the role of fat soluble vitamins in human body and provide any four deficiency diseases.
2. Write in detail about the energy needs of body and measurement of energy balance of body.
3. Describe the role of proteins in health and nutrition with reference to digestion, absorption, transportation and utilisation.
4. Describe the sources and functions of fluoride as well as absorption and factors affecting its utilization along with effects of its deficiency.

(2 × 15 = 30 marks)