

C 41175

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Name.....

Reg. No.....

**FOURTH SEMESTER (CBCSS—UG) DEGREE EXAMINATION
APRIL 2023**

Common Course (Language Reduced Pattern)

A14—NUTRITION AND HEALTH

(2019 Admission onwards)

Time : Two Hours and a Half

Maximum : 80 Marks

A. Short Answer :

- 1 What is Nutritional care ?
- 2 Define the term functional foods.
- 3 What is Partially incomplete protein.
- 4 What is Trehalose ?
- 5 What are the symptoms of poor nutritional status ?
- 6 How food regulates the activities of body.
- 7 What is slowly digestible starch ?
- 8 What are essential fatty acids ?
- 9 What are ways and quantity in which water is wasted daily from our body ?
- 10 Define Joule.
- 11 What is Palatability ?
- 12 What is Harris-Benedict equation for determination of BMR ?
- 13 What is Bito's spot ?
- 14 What is ergo calciferol ?
- 15 How Vitamin D linked with corona virus ?

B. Write in Paragraph :

- 16 What are the functions of dietary fibre in human body.
- 17 Explain classification of protein with example.

Turn over

- 18 Explain about free sugars.
- 19 What are the functions of Niacin ?
- 20 Explain the equipment used in Direct and Indirect Calorimeter.
- 21 Explain Osteomalacia and its risk factors among adults.
- 22 Explain basic food groups with example.
- 23 What are the dietary sources of ascorbic acid ?

C. Essay :

- 24 Discuss the relationship between fat and heart ailments. What are the suggested ways to prevent heart ailments ?
- 25 Describe Bomb Calorimeter in determination of energy value of food.
- 26 Explain the deficiency symptoms of Vitamin A in detail.
- 27 Describe the functions of water in human body.