

FOURTH SEMESTER B.Sc. (L.R.P.) DEGREE EXAMINATION, APRIL 2017

(CUCBCSS—UG)

Common Course

A14—NUTRITION AND HEALTH

Time : Three Hours

Maximum : 80 Marks

Part A*Answer all the questions.***Multiple Choice :**

- 1 Sucrose belongs to _____.
 - (a) Polysaccharide.
 - (b) Disaccharide.
 - (c) Monosaccharide.
 - (d) Oligosaccharide.
- 2 Nutrition includes the study of _____.
 - (a) The way an organism obtains food.
 - (b) Process of digestion.
 - (c) The organism's food.
 - (d) All of the above.
- 3 Deficiency of Vitamin C leads to _____.
 - (a) Night blindness.
 - (b) Skin Rashes.
 - (c) Scurvy.
 - (d) Impairs clotting of blood.
- 4 Deficiency of niacin leads to _____.
 - (a) Beriberi.
 - (b) Sour throat.
 - (c) Pellagra.
 - (d) Goitre.
- 5 Deficiency of iodine leads to _____.
 - (a) Beriberi.
 - (b) Sour throat.
 - (c) Pellagra.
 - (d) Goitre.

Turn over

Fill in the blanks :

- 6 PUFA stands for _____.
- 7 The linkage between fatty acid and glycerol _____.
- 8 Oleic acid is _____ fatty acid

Give very short answer :

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

(10 × 1 = 10 marks)

Part B

Answer any five questions.

- 11 Define malnutrition.
- 12 Define physical health.
- 13 Write briefly about water classification.
- 14 Two important factors affecting BMR.
- 15 What is monounsaturated fatty acid and give one example.
- 16 Provide brief details of sources of carbohydrates.
- 17 Define basal metabolism.

(5 × 2 = 10 marks)

Part C

Answer any six questions.

- 18 Classify the proteins and give one example each.
- 19 Explain specific dynamic actions of food.
- 20 Write a note on digestion and absorption of proteins.
- 21 What are the sources and functions of proteins ?
- 22 Write a note on the dietary fibre.

- 23 Explain the sources and functions of calcium and effects of its deficiency.
- 24 Discuss the sources and functions of copper and effects of its deficiency.
- 25 Write the names of digestive enzymes present in gastrointestinal tract.

(2 × 15 = 30 marks)

Part D

Answer any two questions.

- 26 Explain the role of water soluble vitamins in human body and provide any four deficiency diseases.
- 27 Nutrients are important to human health - explain in detail.
- 28 Describe the role of carbohydrates in health and nutrition with reference to digestion, absorption, transportation and utilisation.
- 29 Describe the sources and functions of iodine as well as absorption and factors affecting its utilization along with effects of its deficiency.

(2 × 15 = 30 marks)