

C 3494

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Name.....

Reg. No.....

FOURTH SEMESTER (CBCSS—UG) DEGREE EXAMINATION, APRIL 2021

Common Course

A 14—NUTRITION AND HEALTH

Time : Two Hours and a Half

Maximum : 80 Marks

Section A

*Answer at least ten questions.
Each question carries 3 marks.
All questions can be attended.
Overall Ceiling 30.*

1. What is social and mental health ?
2. Define Malnutrition.
3. What is calorific value of food ?
4. Briefly describe basic five food group.
5. List any four sources of insoluble fibre.
6. What are the enzymes involved in disaccharide and polysaccharide digestion ?
7. Define PER.
8. Define limiting amino acid.
9. What are ketone bodies ?
10. Classify lipids based on function.
11. Enlist iodine deficiency diseases.
12. Discuss 3'D's of pellagra.
13. What is megaloblastic anemia ?
14. What is hypercalcemia ?
15. Discuss the distribution of water in body.

(10 × 3 = 30 marks)

Section B

*Answer at least five questions.
Each question carries 6 marks.
All questions can be attended.
Overall Ceiling 30.*

16. What is RDA ? What are the factors affecting RDA ?
17. Briefly explain bomb calorimeter with a suitable diagram.

Turn over

18. Explain the role of fibre in human nutrition.
19. Write a short note on essential amino acids.
20. Distinguish the characteristics of animal and vegetable fats.
21. Explain the genesis and destruction of RBC.
22. Explain in brief the functions of water in body.
23. Briefly explain the role of retinol in visual cycle.

(5 × 6 = 30 marks)

Section C

*Answer any two questions.
Each question carries 10 marks.*

24. What is BMR ? Explain in detail the factors affecting BMR.
25. Explain in detail the functions of protein in body.
26. What is PUFA ? Discuss the effect of diet low in PUFA in detail.
27. Explain in detail the role of thiamine in TCA cycle and hexose monophosphate shunt pathway.

(2 × 10 = 20 marks)