

C 21496

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Name.....

Reg. No.....

**FOURTH SEMESTER (CBCSS—UG) DEGREE EXAMINATION  
APRIL 2022**

Common Course for L.R.P. (Language Reduced Pattern)

**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. Give WHO's definition for health.
2. What is nutritional status ?
3. Define BMR.
4. Briefly describe food guide pyramid.
5. What is dietary fibre ?
6. What is glycaemic index and glycaemic load ?
7. Enlist the enzymes involved in protein digestion.
8. How does animal protein differ from plant protein ?
9. What is invisible fat ? Give one example.
10. List any two sources of omega-3 and omega-6 fatty acids.
11. What is microcytic anaemia ?
12. What is light adaptation ?
13. What is osteomalacia and osteoporosis ?
14. What is food fortification ?
15. What is water balance ?

(10 × 3 = 30 marks)

**Turn over**

**Section B**

*Answer at least **five** questions.*

*Each question carries 6 marks.*

*All questions can be attended.*

*Overall Ceiling 30.*

16. Briefly explain reference man and reference woman.
17. Explain physiological fuel value.
18. Explain classification of polysaccharide in brief.
19. Classify protein according to its chemical composition.
20. Write a short note on the functions of essential fatty acids.
21. Explain the role of calcium in blood clotting.
22. Write a short note on distribution of water in body.
23. Discuss on the risk factors of rickets in human.

(5 × 6 = 30 marks)

**Section C**

*Answer any **two** questions.*

*Each question carries 10 marks.*

24. Explain in detail the functions of carbohydrates in body.
25. Discuss Protein Energy Malnutrition in detail.
26. Explain briefly the digestion, absorption and transportation of fat in body.
27. Explain the deficiency conditions of Vitamin A.

(2 × 10 = 20 marks)