

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)
BSc DEGREE EXAMINATION DECEMBER 2018
(Second Semester)

Branch - NUTRITION, FOOD SERVICE MANAGEMENT AND DIETETICS

PRINCIPLES OF NUTRITION

Time : Three Hours

Maximum : 75 Marks

SECTION-A (20 Marks)

Answer ALL questions

ALL questions carry EQUAL marks (10 x 2 = 20)

- 1 What is meant by post absorptive stage?
- 2 How do you express energy costs of activities?
- 3 What are short chain carbohydrates?
- 4 State the two compartments of body water.
- 5 Mention the specific function of w-3 fatty acids (omega):
- 6 How fat soluble vitamins are absorbed?
- 7 What are incomplete proteins?
- 8 Expand NPU and PER.
- 9 Give the two distinct mechanisms of calcium absorption.
- 10 What is Rhodopsin?

SECTION - B (25 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks (5 x 5 = 25)

- 11 a How do you determine energy value of food?
OR
b What are the factor affecting physical activity?
- 12 a Brief on carbohydrate digestion .
OR
b Write the functions of water in the body.
- 13 a How dietary lipid is utilized in human system?
OR
b Write a short note On sources and requirements of protein.
- 14 a Write the properties of Vitamin D.
OR
b Discuss on Vitamin B₁₂ absorption .
- 15 a Describe calcium in relation to osteoporosis.
OR
b Write the toxic effect of copper and zinc.

SECTION - C (30 Marks)

Answer any THREE Questions

ALL Questions Carry EQUAL Marks (3 x 10 = 30)

- 16 How do you measure basal Metabolic Rate?
- 17 Summarize the role of dietary fibre in maintenance of health.
- 18 Give an account on deficiency of protein and energy.
- 19 Enumerate the functions of Vitamin - A.
- 20 Bringout the distribution of calcium and phosphorus in the body.