

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BSc DEGREE EXAMINATION MAY 2017 ^HDOOS~
(Second Semester)

Branch - **NUTRITION, FOOD SERVICE MANAGEMENT & 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 Define calorie.
- 2 Define Jule.
- 3 What is meant by specific dynamic action of food?
- 4 Expand BMR.
- 5 Define carbohydrate.
- 6 What is meant by electrolyte?
- 7 List the sources of fibre.
- 8 Mention the buffer system in blood.
- 9 Classify lipids.
- 10 What is meant by PUFA ?

SECTION - B (25 Marks!)

Answer **ALL** Questions

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

- 11 a Explain body building foods.
OR
b Give a note on research finding in nutrition.
- 12 a Explain the process of digestion and absorption of protein.
OR
b Write about the physiological effects of fibre.
- 13 a Discuss the deficiency symptoms of essential fatty acids.
OR
b Discuss the functions of essential fatty acids.*
- 14 a How do you determine the energy value of food?
OR
b Discuss the importance of water in the body.
- 15 a Give a note on functions of phosphorus.
OR
b Write about the importance of folic acid.

SECTION - C (30 Marks!)

Answer any **THREE** Questions

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

- 16 . Explain the working principles of (i) Bomb calorimeter (ii) At water and Rosa respiration.
- 17 Elaborate on the functions, digestion and absorption of carbohydrates.
- 18 Explain the functions and sources of lipids.
- 19 What is water balance of the body? How does body maintain water balance and explain the sources of water for the body?
- 20 Explain the role of minerals in the body.