

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BVoc DEGREE EXAMINATION MAY 2024
(Fifth Semester)

Branch – FOOD PROCESSING TECHNOLOGY

PRINCIPLES OF NUTRITION

Time: Three Hours

Maximum: 50 Marks

SECTION-A (5 Marks)

Answer ALL questions

ALL questions carry EQUAL marks (5 x 1 = 5)

- 1 Which of the following nutrients is known as the sunshine vitamin?
(i) Vitamin A (ii) Vitamin B
(iii) Vitamin D (iv) Vitamin C
- 2 Which of the following has the maximum specific dynamic action?
(i) Gelatin (ii) Green peas
(iii) Bread (iv) Butter
- 3 Your body needs vitamins and minerals because
(i) They give the body energy (ii) They help carryout metabolic reactions
(iii) They insulate the body's organs (iv) All of the above
- 4 What nutrient is often given to infant at birth?
(i) Vitamin K (ii) Vitamin C
(iii) Protein (iv) Iron
- 5 The elderly are at an increased risk for deficiency of what two vitamins?
(i) Vitamin D and B1 (ii) Vitamin A and B12
(iii) Vitamin D and B12 (iv) Vitamin A and B1

SECTION - B (15 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks (5 x 3 = 15)

- 6 a Distinguish malnutrition and optimum nutrition.
OR
b Summarize the factors affecting RDA.
- 7 a Explain the energy balance in human body.
OR
b Discuss the regulation electrolyte balance.
- 8 a Describe the classification of fibre.
OR
b Infer the signification of essential fatty acid.
- 9 a Infer the nutritional requirement for school going children.
OR
b Discuss the supplementary foods for Infants.
- 10 a Outline the dietary guidelines for old age.
OR
b Summarize the post-menopausal changes.

Cont...

SECTION -C (30 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks

(5 x 6 = 30)

- 11 a Discuss the principles and factors affecting menu planning.
OR
b Elaborate on the balanced diet for Indians.
- 12 a Infer the basal metabolic rate and factors affecting BMR
OR
b Describe the acid-base balance.
- 13 a Discuss the sources, functions and deficiency of Iron.
OR
b Elaborate on the protein quality evaluation.
- 14 a Infer the nutrient and food requirement for adolescent girls.
OR
b Describe the dietary guidelines of preschool children.
- 15 a Explain the nutritional and food requirements for lactating mother.
OR
b Discuss the nutritional and food requirements for menopausal women.

Z-Z-Z

END