

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)
BSc DEGREE EXAMINATION DECEMBER 2024
(Second Semester)

Branch - **NUTRITION, FOOD SERVICE MANAGEMENT AND DIETETICS**

PRINCIPLES OF NUTRITION

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer **ALL** questions

ALL questions carry **EQUAL** marks

(10 × 1 = 10)

Module No.	Question No.	Question	K Level	CO
1	1	Which of the following factors can influence basal metabolic rate A) Age B) Gender C) Body composition D) All of the above	K1	CO2
	2	Which provides the greatest energy value per gram of nutrient A) Carbohydrate B) Protein C) Fat D) Starch	K2	CO5
2	3	Which of the following is the smallest carbohydrate- triose A) Ribose B) Glucose C) Glyceraldehyde D) Dihydroxyacetone	K1	CO3
	4	Which of the following is a reducing sugar A) Dihydroxyacetone B) Erythrulose C) Glucose D) All of the above	K2	CO2
3	5	How many amino acids make up a protein? A) 10 B) 12 C) 15 D) 20	K1	CO1
	6	Which of the following is an example for unsaturated fatty acids A) Lauric B) Linoleic C) Palmitic D) Myristic	K2	CO5
4	7	Which of the following vitamin is important for the formation of red blood cell A) Vitamin A B) Vitamin C C) Vitamin B12 D) Vitamin D	K1	CO1
	8	The commonly used vitamin complex is constituted by how many vitamins A) 8 B) 9 C) 10 D) 11	K2	CO2
5	9	Which of the following minerals controls growth and body weight A) Phosphorus B) Iodine C) Calcium D) All of the above	K1	CO3
	10	Pomegranate is rich in which minerals A) Calcium B) Sodium C) Phosphorus D) Manganese	K2	CO4

Cont...

SECTION - B (35 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks

(5 × 7 = 35)

Module No.	Question No.	Question	K Level	CO
1	11.a.	Define Basal metabolic rate and write a note on factors affecting basal metabolic rate.	K3	CO3
	(OR)			
	11.b.	Explain determine of energy requirement and factors affecting requirement.		
2	12.a.	Write on digestion and absorption of carbohydrates.	K4	CO4
	(OR)			
	12.b.	Discuss the water balance.		
3	13.a.	Write down the functions of lipids.	K3	CO3
	(OR)			
	13.b.	Discuss on essential fatty acids.		
4	14.a.	Briefly explain the functions of vitamin C and folic acid.	K2	CO1
	(OR)			
	14.b.	Give the properties, functions and sources of vitaminK.		
5	15.a.	Write about the functions and deficiency of calcium.	K3	CO4
	(OR)			
	15.b.	Write on food sources, deficiency and toxicity of selenium.		

SECTION -C (30 Marks)

Answer ANY THREE questions

ALL questions carry EQUAL Marks

(3 × 10 = 30)

Module No.	Question No.	Question	K Level	CO
1	16	Explain in detail about measurement of heat produced by body.	K3	CO3
2	17	Define dietary fibre. Write down the role of dietary fibre in health and disease.	K4	CO3
3	18	Explain various methods to measure quality of protein in the diet.	K4	CO4
4	19	Give an account of functions, RDA and deficiency of thiamine and riboflavin.	K2	CO2
5	20	Explain the food sources, functions, deficiency and toxicity of copper and zinc.	K3	CO3