

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BVoc DEGREE EXAMINATION MAY 2025
(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 The state of consuming the right amount of nutrients to support the body's functions is referred to as _____.
(i) Malnutrition (ii) Optimum nutrition
(iii) Balanced nutrition (iv) Undernutrition
- 2 A method of measuring quality of protein, DIAAS is expanded as _____.
(i) Digestible Indigestible Amino Acid Scheme
(ii) Digestible Independent Amino Acid Score
(iii) Digestible Indispensable Amino Acid Score
(iv) Digestible Indispensable Amino Acid Scheme
- 3 Vitamin B9, also known as _____, is important for cell growth and function, and for red blood cell formation
(i) Niacin (ii) Pantothenic acid
(iii) Biotin (iv) Folic acid
- 4 Which of the following nutrient deficiency causes hair loss?
(i) Zinc (ii) Calcium
(iii) Phosphorous (iv) Potassium
- 5 _____ & _____ the main organs involved in acid-base balance.
(i) Lungs and Liver (ii) Lungs and Kidneys
(iii) Lungs and Heart (iv) Pancreas and Lungs

SECTION - B (15 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

- 6 a Define the term Energy and Thermic Effect of foods.
OR
b What are dietary fibers and write the classification of dietary fibers?
- 7 a Explain PDCAAS and BV.
OR
b What are the significance of Essential Fatty Acids.
- 8 a Bring out a few food sources of Vitamin A, B12 & C.
OR
b Differentiate microcytic and macrocytic anemia.

Cont...

- 9 a Specify the signs & symptom of Iodine Deficiency Disorder.
OR
b Summarize the functions of phosphorous.
- 10 a Explain the water composition in human body.
OR
b Describe the functions of electrolytes.

SECTION -C (30 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks

(5 x 6 = 30)

- 11 a Elaborate the three components of energy expenditure.
OR
b Illustrate on the digestion, absorption of carbohydrates.
- 12 a How would you analyze the protein quality?
OR
b Classify lipids and write the significance of the same.
- 13 a Highlight the functions, Requirements of Vitamin C.
OR
b Elaborate on the Vitamin A deficiencies.
- 14 a Differentiate Osteomalacia and Osteoporosis.
OR
b "Iron plays an important role in preventing anemia".- Justify.
- 15 a Illustrate on water balance and role of hormones in water balance.
OR
b Infer the role of electrolytes in fluid balance in the body.

Z-Z-Z END