

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BSc DEGREE EXAMINATION MAY 2025
(Second Semester)

Branch – NUTRITION, FOOD SERVICE MANAGEMENT & 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	What age is considered for Reference Man? a) 15-20 b) 16-25 c) 18-29 d) 20-30	K1	CO2
	2	State the percentage increase in basal metabolism for each degree celcius above 37° C a) 10.5% b) 13% c) 15% d) 17.5%	K2	CO5
2	3	Choose the rich source of total fibre content food. a) Sugar b) Coconut c) Ragi d) Rice	K1	CO2
	4	Show the correct level of fasting blood glucose. a) 80-100 mg/dl b) 80-120 mg/dl c) 120-140 mg/dl d) 130-140 mg/dl	K2	CO3
3	5	Select the Non-essential amino acid. a) Histidine b) Lysine c) Serine d) Valine	K1	CO4
	6	Expand MUFA. a) Mineral Unsaturated Fatty Acid b) Mono Unsaturated Fatty Acid c) Medium Unsaturated Fatty Acid d) Mono Unsaturated Fat Adipose	K2	CO4
4	7	What is the ICMR recommendation of dietary folate for an adult women? a) 220µg/day b) 215µg/day c) 200µg/day d) 230µg/day	K1	CO1
	8	State which among the following is converted to the active form of vitamin-A a) beta-carotene b) collagen c) ascorbic acid d) zinc	K2	CO3
5	9	Identify the fall of plasma phosphorus level below which results in hypophosphatemia a) 2.5 mg / l b) 2.5 mg / dl c) 2.5 g / 100 ml d) 2.5 mg /100 ml	K1	CO3
	10	State which cells contain hemoglobin? a) erythroblasts b) erythrocytes c) reticulocytes d) bone marrow	K2	CO3

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.	Illustrate about the factors affecting energy requirements.	K2	CO5
		(OR)		
	11.b.	Explain about the reference man and reference woman.		
2	12.a.	Develop the importance of electrolytes in the body.	K3	CO4
		(OR)		
	12.b.	Identify the functions of carbohydrates in the body.		
3	13.a.	Trace the utilization of dietary lipids in the body.	K3	CO4
		(OR)		
	13.b.	Discuss the various methods of protein quality evaluation.		
4	14.a.	Pointout the requirements and effects of deficiency of Vitamin B1 and B2.	K4	CO4
		(OR)		
	14.b.	List out the effects of vitamin A deficiency.		
5	15.a.	Summarize the functions of calcium.	K4	CO4
		(OR)		
	15.b.	Analyze the distribution of phosphorus in the body.		

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	Examine the energy value of food using Bomb calorimeter.	K4	CO5
2	17	Outline about the Acid-base regulation.	K4	CO1
3	18	List out the sources and classification of lipids.	K4	CO4
4	19	Trace the source requiremate of folic acid and list the effects of folic acid deficiency.	K4	CO4
5	20	Survey the function and sources of iron.	K4	CO4

Z-Z-Z

END