

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BVoc DEGREE EXAMINATION DECEMBER 2022
(Fifth Semester)

Branch – FOOD PROCESSING TECHNOLOGY

PRINCIPLES OF NUTRITION

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks (10 x 1 = 10)

1. WHO defined health is a "State of complete physical, mental, and _____ wellbeing not merely the absence of disease and infirmity".
(i) Economical (ii) Social
(iii) Financial (iv) Nutritional
2. According to ICMR-NIN 2010, the normal range of β - carotene (μg) requirement level for men is
(i) 4800 (ii) 4600
(iii) 4200 (iv) 4500
3. The amount of energy required to carry on the _____ of the body is known as Basal Metabolic Rate.
(i) Involuntary work (ii) Voluntary work
(iii) Heavy work (iv) Moderate work
4. Expand ECF
(i) Bomb Calorie Fuel (ii) Electrolyte Fluid
(iii) Energy Calculation Formula (iv) Extracellular Fluid
5. PER Means
(i) Protein Energy Ratio (ii) Protein Energy Rate
(iii) Protein Efficiency Ratio (iv) Protein Extraction Ratio
6. Biological Value
(i) $\frac{\text{Absorbed Nitrogen}}{\text{Retained Nitrogen}} \times 100$ (ii) $\frac{\text{Retained Protein}}{\text{Absorbed Protein}} \times 100$
(iii) $\frac{\text{Absorbed Protein}}{\text{Retained Protein}} \times 100$ (iv) $\frac{\text{Retained Nitrogen}}{\text{Absorbed Nitrogen}} \times 100$
7. ICMR – NIN Recommended level of Energy (kcal) for Infancy (0-6 months)
(i) 82 (ii) 90
(iii) 80 (iv) 92
8. The protein requirement of adolescent boys is _____ than the girls.
(i) Greater (ii) Lesser
(iii) Equal (iv) No Changes
9. All drugs taken by the mother will be excreted in breast milk in low concentration up to _____?
(i) 2 Percent (ii) 1.5 percent
(iii) 1 Percent (iv) 0.5 percent
10. Choose the lactogogue food.
(i) Garden Cress Seeds (ii) Coffee
(iii) Chocolate (iv) Apple

Cont...

SECTION - B (35 Marks)

Answer **ALL** Questions

ALL Questions carry **EQUAL** Marks

(5 x 7 = 35)

- 11 a. Explain
i) Malnutrition ii) Balanced diet iii) Recommended Dietary Allowance
OR
- b. What are the factors that will affect the menu planning for a middle income family.
- 12 a. Describe the functions of water in our body.
OR
- b. Draw and explain the direct calorimetry.
- 13 a. Enumerate the functions and sources of Iron and Calcium.
OR
- b. Classify the dietary carbohydrates and list their role in health.
- 14 a. What are the points to be considered for planning a packed lunch?
OR
- b. List the dietary guidelines for preschool children.
- 15 a. Elaborate the nutritional requirements for a pregnant woman.
OR
- b. Describe the dietary requirement for an adult man doing heavy work.

SECTION - C (30 Marks)

Answer any **THREE** Questions

ALL Questions Carry **EQUAL** Marks

(3 x 10 = 30)

- 16 Describe the principles of planning a menu.
- 17 Explain the functions of fluids and electrolytes in our body.
- 18 List the sources, functions and deficiency disorders of fat soluble vitamins (A, D, E and K).
- 19 Define weaning. List the types and sequence of weaning foods suggested for children.
- 20 Enumerate the nutrition related problems during old age.

Z-Z-Z

END