

**PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)**

**B.Voc DEGREE EXAMINATION MAY 2018
(First Semester)**

Branch - **FOOD PROCESSING TECHNOLOGY**

BASICS OF HUMAN NUTRITION

Time : Three Hours

Maximum : 75 Marks

SECTION-A (20 Marks!)

Answer **ALL** questions

ALL questions carry **EQUAL** marks (10x 2 = 20)

- 1 Define nutrient.
- 2 What is an optimum nutrition?
- 3 Define water balance.
- 4 Mention the high calorie foods.
- 5 Define disaccharides.
- 6 What is protein sparing action?
- 7 What is scurvy?
- 8 Enlist the sources of iron.
- 9 Define meal planning.
- 10 What is RDA?

SECTION - B (25 Marks!)

Answer **ALL** Questions

ALL Questions Carry **EQUAL** Marks (5 x 5 = 25)

- 11 a Discuss the ecological factors of malnutrition.
OR
b Briefly explain about anaemia.
- 12 a What are the factors affecting energy requirement?
OR
b Discuss the role of water in our body.
- 13 a Give the classification of protein.
OR
b Describe the importance of various PUFA.
- 14 a Discuss the sources of fat soluble vitamins.
OR
b Bring out the functions of zinc.
- 15 a Explain the factors affecting RDA.
OR
b Define reference man and reference woman.

SECTION - C 130 Marks!

Answer any **THREE** Questions

ALL Questions Carry **EQUAL** Marks (3 x 10 = 30)

- 16 Explain the etiological factors of PEM and describe the treatment of PEM.
- 17 Explain the direct and indirect calorimetry.
- 18 Explain the methods to assess the quality of proteins.
- 19 Explain the role of ascorbic acid in human nutrition.
- 20 Discuss the principles of meal planning.