

Branch – NUTRITION, FOOD SERVICE MANAGEMENT & DIETETICS

PRINCIPLES OF NUTRITION

Time : Three Hours

Maximum : 75 Marks

SECTION-A (20 Marks)

Answer ALL questions

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

- 1 Define Joule.
- 2 What is specific dynamic action of food?
- 3 Write any two sources of sucrose.
- 4 List the electrolytes present in the body.
- 5 Mention the deficiency disease of EFA.
- 6 What are non essential amino acids?
- 7 Give vitamin – D RDA of male and female old age subjects.
- 8 State the sources of folic acid.
- 9 Write an important function of copper.
- 10 Write any two factors that influence calcium absorption.

SECTION - B (25 Marks)

Answer ALL Questions

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

- 11 a Write the concept of reference man and reference woman.
OR
- b How do you determine energy value of food using Bomb calorie meter?
- 12 a Write the role of simple sugars in dental carries.
OR
- b What are the different types of fibre?
- 13 a Give the functions of lipids.
OR
- b How do you classify protein based on nutritional composition?
- 14 a Brief on fat soluble vitamins.
OR
- b Describe the effects of ascorbic acid deficiency in human being.
- 15 a Write a short note on calcium – phosphorus ratio.
OR
- b How iron is distributed in the body?

SECTION - C (30 Marks)

Answer any THREE Questions

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

- 16 Elaborate on Recommended Energy Allowance.
- 17 How carbohydrates are digested and absorbed in our body?
- 18 Summarize the deficiency of protein and energy in children.
- 19 Bring out the etiological factors of vitamin A deficiency disorders.
- 20 Discuss the functions and deficiency of zinc.