

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)
B.Voc DEGREE EXAMINATION DECEMBER 2017
(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 (10 x 2 ~ 20)

- 1 Define over nutrition.
- 2 Define food.
- 3 What is BMR?
- 4 Mention the sources of water for the body.
- 5 Define biological value.
- 6 What is saturated fatty acids?
- 7 Define Glossitis.
- 8 What is hypokalaemia?
- 9 Define balanced diet.
- 10 What is an adequate diet?

SECTION - B (25 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks (5x5 = 25)

- 11 a What are the common causes for malnutrition?
OR
b Explain food in relation to nutrients.
- 12 a How will you determine the energy value by using direct calorimetric method?
OR
b Elaborate on water balance in our body.
- 13 a Brief on protein efficiency ratio.
OR
b Discuss the deficiency diseases of amino acids.
- 14 a Explain the role of vitamin D in human health.
OR
b What are the symptoms of vitamin A deficiency?
- 15 a Give the RDA for an adolescent girl in the age of 15 yrs:
OR
b What is reference man and woman?

SECTION - C (30 Marks)

Answer any THREE Questions

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

- 16 Trace the nutrition milestone.
- 17 What are the different factors affecting BMR?
- 18 Describe the role of carbohydrates in human health.
- 19 Give the specific functions of thiamin and riboflavin.