

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

**BSc DEGREE EXAMINATION MAY 2024  
(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	How the health is defined by WHO? a) state of complete physical and mental well-being b) state of complete social well-being c) absence of disease and infirmity d) all the above	K1	CO1
	2	Compare the physiological fuel value of carbohydrate (1 gm) a) 4 kcal                      b) 9 kcal c) 4.10 kcal                  d) 9.45 kcal	K2	CO5
2	3	Choose the correct example of monosaccharide. a) Sucrose                  b) Glucose c) starch                      d) maltose	K1	CO2
	4	Identify the total fibre is..... fibre a) soluble + insoluble b) fermentable + non-fermentable c) dietary + functional d) all the above	K2	CO2
3	5	Which one is not the PUFA? a) Linoleic acid b) Eicosapentaenoic acid c) Oleic acid d) Docosahexaenoic acid	K1	CO2
	6	Indicate the partially incomplete protein. a) have all essential amino acids b) lacking one essential amino acids c) partially lacking one or more essential amino acids d) completely lacking one or more essential amino acids	K2	CO2
4	7	Choose the correct name of vitamin B5. a) Pantothenic acid      b) Biotin c) Pyridoxine              d) Adenine	K1	CO2
	8	Find the Vitamin A intake of children during weaning period. a) 25-30 %                  b) 30-35 % c) 15-25 %                  d) 20-35 %	K2	CO4
5	9	Calcium content of the blood plasma is maintained within a narrow range of ..... a) 2-8 mg/dl                  b) 5-10 mg/dl c) 9-11 mg/dl                d) 12-15 mg/dl	K1	CO3

Cont...

5	10	Extend IDD. a) Iodine Deficiency Disorder b) Iron Deficiency Disease c) Iron Distribution Disorder d) Iodine Deficit Distribution	K2	CO4
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**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.	Summarize the factors that affecting BMR.	K2	CO5
	(OR)			
	11.b.	Explain direct and indirect calorimetry.		
2	12.a.	Construct the physiological classification of carbohydrates.	K3	CO4
	(OR)			
	12.b.	Apply the role of carbohydrates in dental caries.		
3	13.a.	Organize the concepts of EFA and its functions.	K3	CO4
	(OR)			
	13.b.	Bring out the functions of Protein.		
4	14.a.	State the functions of Vitamin D.	K4	CO4
	(OR)			
	14.b.	Classify the water soluble vitamins and its sources.		
5	15.a.	Discover the calcium-phosphorus ratio.	K4	CO4
	(OR)			
	15.b.	Construct the effects of iron deficiency in 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	Discuss on thermic effect of food.	K4	CO5
2	17	Elucidate the role of dietary fibre in health and disease.	K4	CO4
3	18	Point out the nutritional classification of protein.	K4	CO3
4	19	Classify the fat soluble vitamins and its sources and requirements.	K4	CO2
5	20	Analyze the digestion and absorption of calcium in the body.	K4	CO4