

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)

BVoc DEGREE EXAMINATION DECEMBER 2023  
(Fifth Semester)

Branch – FOOD PROCESSING TECHNOLOGY

PRINCIPLES OF NUTRITION

Time: Three Hours

Maximum: 50 Marks

SECTION-A (5 Marks)

Answer ALL questions  
ALL questions carry EQUAL marks (5 x 1 = 5)

- 1 Which of these is not considered nutrients?  
(i) Fibre (ii) Fats  
(iii) Lipid (iv) Protein
- 2 What are the factors that influence the BMR?  
(i) Sex (ii) Climate  
(iii) Habit (iv) All of the above
- 3 Amylases in saliva begin the breakdown of carbohydrates into  
(i) Fatty acids (ii) Amino acid  
(iii) Lipid (iv) Simple sugars
- 4 During the adolescent growth spurt, teens needs  
(i) Less iron (ii) Less calcium  
(iii) More calorie (iv) More fibre
- 5 A key nutritional need during the first trimester of pregnancy is need for  
(i) Iron (ii) Calcium  
(iii) Protein (iv) Folate

SECTION - B (15 Marks)

Answer ALL Questions  
ALL Questions Carry EQUAL Marks (5 x 3 = 15)

- 6 a Discuss the human nutrition as an integrated approach.  
OR  
b Infer the balanced diet for Indians.
- 7 a Outline the acid-base balance.  
OR  
b Summarize the composition of electrolyte.
- 8 a Explain the significance of Biological value.  
OR  
b Outline the functions of Vitamin A.

Cont...

- 9 a Outline the nutrient requirement for Preschool children.  
OR  
b Summarize the importance of weaning food.
- 10 a Discuss the nutritional importance for menopausal women.  
OR  
b Describe the dietary guidelines for pregnant women.

**SECTION -C (30 Marks)**

Answer ALL questions  
ALL questions carry EQUAL Marks (5 x 6 = 30)

- 11 a Elaborate on the dietary guidelines for adult women.  
OR  
b Illustrate the steps involved in menu planning.
- 12 a Describe the thermic effect of food and energy balance.  
OR  
b Summarize the regulation of water balance
- 13 a Infer the functions, sources, deficiency and toxicity of Zinc.  
OR  
b Illustrate the steps involved in sources, digestion, absorption and utilization of protein.
- 14 a Explain the various types of supplementary foods.  
OR  
b Describe the packed lunches for school going children.
- 15 a Outline the nutritional related problems in lactating women and dietary guidelines.  
OR  
b Discuss the nutritional requirements and dietary guidelines for old age.

Z-Z-Z

END