

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

BVoc DEGREE EXAMINATION DECEMBER 2019

(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 nutrient.
- 2 List the etiology of vitamin B₂ deficiency.
- 3 What is BMR?
- 4 Write a note on electrolyte balance.
- 5 What is protein sparing action?
- 6 Enlist the food sources of vitamin K & E.
- 7 Write the functions of selenium.
- 8 Define RDA.
- 9 Classify fats with example.
- 10 Write the calorie requirements of women of doing different physical activities.

SECTION - B (25 Marks)

Answer **ALL** Questions

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

- 11 a. Give an account on nutrition milestones.
OR
B. Explain the common nutritional problems in India.
- 12 a. How do you determine energy value of foods?
OR
b. Write a note on acid-base regulation.
- 13 a. Brief the functions of carbohydrate.
OR
b. Explain the significance of essential fatty acid.
- 14 a. Write the functions and deficiency of folic acid.
OR
b. Brief the functions and deficiency of Iodine.
- 15 a. Give an account on account on food guide for meal planning.
OR
b. Enlist the steps in calculating nutritive value.

SECTION - C (30 Marks)

Answer any **THREE** Questions

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

- 16 State the etiology and prevention of any 2 malnutritional problems in India.
- 17 Describe the factors affecting BMR and brief the effect of energy imbalance.
- 18 Explain the functions, deficiency and food sources of vitamin A, B & C.
- 19 Discuss the functions, digestion and quality evaluation of protein.
- 20 Elaborate the principles of menu planning and list the RDA of all nutrients for an adolescent girl.