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Reg. No. :

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B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2024.

Third Semester

Zoology

Skill Based Core – NUTRITION AND DIETETICS

(For those who joined in July 2021–2022 only)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer.

1. Which one of the following is the poor source of fat?
(a) Cheese (b) Cashew
(c) Vegetable (d) Almond
2. Recommended intake of vitamin B12 is
(a) 1 microgram/kg
(b) 15 microgram/kg
(c) 3 microgram/kg
(d) 10 microgram/kg

3. Match one of the following substituted for dal in Non vegetarian.
(a) Fish/meat
(b) Beetroot
(c) Carrot
(d) Curd
4. Choose the amount of calcium provided by eating 100 gm of sprouted food?
(a) 113.5mg (b) 83.5mg
(c) 13.5mg (d) 93.5 mg
5. The energy needs of the body are calculated in terms of _____
(a) Milligram (b) Calories
(c) Moles (d) Kilogram
6. The calorific values of one cup milk is
(a) 200 (b) 500
(c) 400 (d) 0
7. Choose the vitamins which are necessary during pre schooler
(a) Vitamin A
(b) Vitamin B12
(c) Vitamin A & C
(d) Vitamin B6

8. Choose the protein deficiency disease from the following.
- (a) marasmus (b) osteomalacia
(c) rickets (d) Scurvy
9. Select the name given to the elevated level of ketones in the blood.
- (a) ketoacidosis
(b) alkaptonuria
(c) albinism
(d) None of the above
10. Choose the daily dietary fiber intake by diabetic patient.
- (a) 45-50 gm/day
(b) 55-70 gm/day
(c) 25-30 gm/day
(d) 85-90 gm/day

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Discuss the functions of fat in the body.
Or
(b) Write the importance of milk.

12. (a) Explain the effect of cooking on carbohydrates.

Or

- (b) Discuss the role of fibres in nutrition.

13. (a) Write a note on calorific values of food.

Or

- (b) Explain the determination of BMR using Benedict's methods.

14. (a) Explain in details Kwashiorkor.

Or

- (b) Explain the factors responsible for obesity.

15. (a) Prepare the nutritional requirements for person with Atherosclerosis.

Or

- (b) Explain the dietary modifications for person with constipation.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Elaborate the functions of water.

Or

- (b) Discuss the functions of proteins.

17. (a) Elaborate the process of parboiling of rice and its use.

Or

- (b) Discuss the benefits of eating sprouts daily.

18. (a) Discuss the factors influencing basal metabolic rate.

Or

- (b) Elaborate the determination of calorific values of food by bomb calorimeter.

19. (a) Discuss the nutritional requirements of adolescents and aged people.

Or

- (b) Explain the following:

(i) goiter

(ii) obesity

20. (a) Discuss the causes for diabetics and diet planning for diabetic patients.

Or

- (b) Discuss the causes, symptoms and dietary requirement for hepatitis person.