

(6 pages)

Reg. No. : .....

Code No. : 20596 E Sub. Code : CSZO 32

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

Third Semester

Zoology

Skill Based Core — NUTRITION AND DIETETICS

(For those who joined in July 2021 onwards)

Time : Three hours Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Protein is essential for
  - (a) fluid regulation
  - (b) muscle formation
  - (c) brain work
  - (d) instant energy
2. The mineral found in haemoglobin is
  - (a) sodium
  - (b) protein
  - (c) iron
  - (d) calcium

3. The protein synthesis takes place in
  - (a) Nucleus
  - (b) Rough Endoplasmic Reticulum
  - (c) Mitochondrion
  - (d) Smooth endoplasmic reticulum
4. Total molecules of ATP are synthesized from glycolysis from a single molecule of glucose is
  - (a) 36
  - (b) 38
  - (c) 2
  - (d) 8
5. Basal metabolic rate shall be measured while a person is
  - (a) jogging
  - (b) working
  - (c) resting
  - (d) sweating
6. Glucose is stored in animals in the form of
  - (a) protein
  - (b) glycogen
  - (c) peptides
  - (d) sucrose
7. All are nutritional disorders associated with our nutrition except
  - (a) hypervitaminosis
  - (b) obesity
  - (c) fluorosis
  - (d) osteomalacia

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8. The common feature of kwashiorkor and marasmus
  - (a) thinning of limbs
  - (b) failure of development of brain and growth
  - (c) wasting of muscles
  - (d) all of the above
9. Diabetes is a
  - (a) Communicable disease
  - (b) Protein disease
  - (c) Autoimmune disease
  - (d) None of the above
10. This is an occupational disorder
  - (a) Diabetes
  - (b) Hypertension
  - (c) Renal failure
  - (d) Hepatitis

PART B — (5 × 5 = 25 marks)

Answer ALL questions by choosing (a) or (b).  
Each answer should not exceed 250 words.

11. (a) Write short note on micronutrients and their functions.  

Or

(b) What are the nutritive values of milk and eggs?

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12. (a) Write about the things that have to be considered before planning a meal pattern.  

Or

(b) Discuss briefly about the uses and nutritive value of sprouts.
13. (a) How the energy content of food is determined? and mention about the equipment used for determination.  

Or

(b) Expand the acronym BMR and explain the factors affecting BMR.
14. (a) Give a brief account of nutritional requirement of different age groups.  

Or

(b) Appraise the preventive measures of various nutritional deficiency diseases in India.
15. (a) What are the common renal diseases? and write about their preventive measures.  

Or

(b) What are the different types of ulcers? and briefly mention about their treatments.

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PART C — (5 × 8 = 40 marks)

Answer ALL questions by choosing (a) or (b).  
Each answer should not exceed 600 words.

16. (a) Summarize the nutritive values of fruits, vegetables and animal meat products.

Or

- (b) Discuss about the role of macro and micronutrients in different food items for human health.

17. (a) What are the important nutritional factors lost due to cooking and how can you avoid this? and what are the benefits of cooking the food?

Or

- (b) The nutritive value of sprouts is higher than the normal seeds. Why? and discuss about the nutrition enrichment of foods.

18. (a) What is BMR? How to determine it? Give a list of factors affecting BMR.

Or

- (b) Explain about the determination of nutritive value of food and the equipments used for determination.

19. (a) Describe the common nutritional deficiency diseases in India and their control measures.

Or

- (b) Give an elaborate account on dietary management practices and the avoidance of nutritional deficiency.

20. (a) Explain in detail about the causes and symptoms of blood pressure and the importance of regular exercise.

Or

- (b) Explain the role dietary planning in preventing wide range non-communicable diseases.