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Reg. No. :

Code No. : 30397 E Sub. Code : CSZO 32

B.Sc. (CBCS) DEGREE EXAMINATION,
APRIL 2025.

Third Semester

Zoology — Core

Skill Based Subject — NUTRITION AND DIETETICS

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

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Choose the main causes for anaemia.
(a) Iron deficiency
(b) Manganese deficiency
(c) Copper deficiency
(d) Cobalt deficiency

2. Water content of condensed milk is range between _____.
(a) 15-20% (b) 45-60%
(c) 25-30% (d) 75-80%
3. Which of the following is abundant in germinated pulses and cereals?
(a) Amino acids (b) Glucose
(c) Fatty acids (d) Glycerol
4. Choose the amount of phosphorus provided by eating 100 gm of sprouted food?
(a) 56.2 gm (b) 11 mg
(c) 21.13 mg (d) 83.5 mg
5. The variation in calorific value of foods are due to the presence of the amount of
(a) carbohydrates (b) proteins
(c) fat (d) all the above
6. How much calories present in one egg?
(a) 75 calorie (b) 715 calories
(c) 100 calories (d) 25 calories

7. Choose the clinical syndrome produced by protein calorie malnutrition.
- (a) Rickets (b) Scurvy
(c) Kwashiorkor (d) Obesity
8. The infants below the age of 6 months require _____ per kg of body weight.
- (a) 120 calories (b) 200 calories
(c) 400 calories (d) 50 calories
9. Choose the recommended good quality protein diet for hepatitis person.
- (a) 1 gm/kg body weight
(b) 10 gm/kg body weight
(c) 5 gm/kg body weight
(d) 0 gm/kg body weight
10. Choose the coronary heart disease.
- (a) Ulcer
(b) Diabetis melitus
(c) Atherosclerosis
(d) Hepatitis

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 nutritive values of fish.
Or
(b) Elaborate the functions of Vitamin A.
12. (a) Explain the advantages of germinated cereals.
Or
(b) Distinguish vegetarian and non vegetarians foods.
13. (a) Comment on Basal metabolic rate.
Or
(b) Explain the factors affecting the BMR.
14. (a) Write the nutritional requirements of pregnant and lactating women.
Or
(b) Comment on under nutrition.

15. (a) Write the nutritional requirement of diabetic diet.

Or

(b) Write the diet modification for person with uraemia.

PART C — (5 × 8 = 40 marks)

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

Each answer should not exceed 600 words.

16. (a) Discuss the functions of carbohydrates.

Or

(b) Elaborate the functions of Vitamin D and Vitamin C.

17. (a) Discuss the effect of cooking on proteins.

Or

(b) Discuss the nutritive values and uses of sprouts.

18. (a) How BMR determined using direct calorimeter?

Or

(b) Explain the Roth basal metabolic apparatus and its use.

19. (a) Discuss in detail about the obesity.

Or

(b) Explain the following :

(i) Marasmus

(ii) Anaemia.

20. (a) Elaborate the causes and good diet for constipation.

Or

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