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Reg. No. :

Code No. : 30514 E Sub. Code : CSZO 32

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2022.

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. Carbohydrates are used primarily as sources of chemical energy to be either metabolized immediately as ——— (or) stored as glucogen.

(a) fatty acids (b) glucose
(c) fructose (d) amino acids

2. The carbohydrate of milk is ——— which is less sweet than sucrose.

(a) sucrose (b) glucose
(c) fructose (d) lactose

3. The parboiled rice contains less ——— and more oil than raw rice bran.

(a) glycogen (b) starch
(c) cellulose (d) inulin

4. Germinating seeds contain a small opening called micropyle through which ——— enters into the seed.

(a) water (b) minerals
(c) vitamins (d) glucose

5. Name the instrument which is used to determine the energy change during a reaction accurately

(a) photocolrimer
(b) spectro photometer
(c) bomb calorimeter
(d) electrophoresis

6. The B.M.R. of an average Indian man is ——— Kcal/day.

(a) 750–900 (b) 1750–1900
(c) 50–90 (d) 500–1000

7. _____ is one in which contains all the food constitutes in proper proportion to meet the energy and nutritional requirements of the individual.

- (a) Balanced diet
- (b) Therapeutic diet
- (c) Malnourished diet
- (d) Deficient diet

8. Common problems linked to the pregnant mother's anaemia include

- (a) Breast milk may have insufficient iron
- (b) Breast milk may have insufficient calcium
- (c) Breast milk may have insufficient phosphorus
- (d) Breast milk may have insufficient iodine

9. A _____ is a meal plan that controls the intake of certain food (or) nutrients.

- (a) balanced diet
- (b) therapeutic diet
- (c) mal-nourished diet
- (d) deficient diet

10. Uremia is a term used to describe general _____ from any cause.

- (a) liver failure (b) heart failure
- (c) brain failure (d) renal failure

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 important functions of lipids.

Or

(b) Enlist nutritive value of egg and milk.

12. (a) Explain the steps involved in processing of parboiling of rice.

Or

(b) Give your idea about effect of cooking on protein.

13. (a) What is a bomb calorimeter? Explain working mechanism of bomb calorimeter?

Or

(b) Define BMR and state significance of BMR.

14. (a) How do plan nutritional requirements for adolescence?

Or

- (a) Differentiate kwashiorkor and marasmus.

15. (a) Write an account on therapeutic diet.

Or

- (b) Bring out causes and preventive measures of diabetes mellitus.

PART C — (5 × 8 = 40 marks)

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

16. (a) List out the biochemical importance of water soluble vitamins.

Or

- (b) Enumerate the different functions of any three trace elements.

17. (a) Non-vegetarian Vs vegetarian diet : Which one is better and why?

Or

- (b) Enlist the factors the influence our food choices.

18. (a) How to determine the BMR by using benedict's method?

Or

- (b) List out factors that affecting Basal Metabolic Rate (BMR).

19. (a) How to design nutritional requirements for pregnant women?

Or

- (b) How to design nutritional requirements for lactating women?

20. (a) Bring out causes and preventive measures of atherosclerosis.

Or

- (b) Enumerate causes and preventive measures of constipation.
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