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Reg No   :   ....

Name   :   ....

B.Sc.DEGREE (CBCS) EXAMINATION, NOVEMBER 2019

First Semester

B.Sc Food Science & Quality Control Model III

Core Course - FS1CRT01 - BASIC NUTRITION

2017 Admission Onwards

865C10B1

Time: 3 Hours   Maximum Marks :80

Part A

*Answer any **ten** questions.*

*Each question carries **2** marks.*

1. Examine the role of food in the prevalence of degenerative diseases like cancer and heart diseases.

2. Discuss on body electrolytes.

3. List the sources of water and requirements of water for an adult human being.

4. Which sugar is known as milk sugar and what are its components.

5. Role of fibre on the upper digestive tract.

6. Assess the major features of kwashiorkor?

7. Describe the major functions of lipids.

8. Illustrate the role of vitamins and minerals on the maintenance of health.

9. Give the major sources of iodine. Expand IDD

10. Write on the toxicity of copper.

11. Categorize the components of energy requirements.

12. Explain Benedict's Oxy calorimeter?

$(10\times2=20)$

Part B

*Answer any **six** questions.*

*Each question carries **5** marks.*

13. What is RDA and which are the factors affecting RDA

14. Analyze the ecological factors of malnutrition

15. Discuss on water balance. how can we maintain the water balance in the body

16. Explain the functions of proteins

17. Categorize the major sources of protein? What is supplementary value of proteins?

18. Discuss in detail about fats in the body and fats in food

19. Make a short note on thiamin

20. Discuss on VAD.

21. Discuss on energy.How can you define one kilocalorie?

$(6\times5=30)$

Part C

*Answer any **two** questions.*

*Each question carries **15** marks.*

22. Justify the interrelationship between nutrition and health

23. Describe in detail on distribution, sources, functions and maintenance of water balance in human body

24. Explain the importance of calcium on health.

25. Describe energy and its unit.What are the components of energy requirements? Elaborate the sources and requirements based on reference man and woman

$(2\times15=30)$