



23145812

QP CODE: 23145812

Reg No :

Name :

**B.Sc DEGREE (CBCS) REGULAR / IMPROVEMENT / REAPPEARANCE
EXAMINATIONS, DECEMBER 2023**

First Semester

B.Sc Food Science & Quality Control Model III

Core Course - FS1CRT01 - BASIC NUTRITION

2017 Admission Onwards

506234BD

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

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

1. Define optimum or good nutrition.
2. Name any 4 important body electrolytes.
3. Analyze the reasons for water depletion in the body.
4. Give the expansion and definition for RDS.
5. Assess the major features of marasmus.
6. Justify: A cereal-pulse combination (for eg. idli/dosa) is a typical or complete food in terms of protein
7. Describe conjugate lipids. Give examples.
8. List out the functions of vitamin E.
9. Quote the functions of phosphorus.
10. Recite the sources and deficiency of phosphorus.
11. Assess the major sources of energy.
12. Categorize the components of energy expenditure.

(10×2=20)





Part B

*Answer any **six** questions.
Each question carries **5** marks.*

13. Explain and enlist macronutrients and micronutrients.
14. What is RDA and which are the factors affecting RDA?
15. Discuss on water balance. How can we maintain the water balance in the body?
16. Give the classification of carbohydrates. Which are the major sources of carbohydrates?
17. Make a short note on essential and non essential amino acids.
18. Conclude the effects of excess and insufficient consumption of fats.
19. Discuss on the classification and importance of micro nutrients.
20. Explain the spectrum of IDD.
21. Draw a neat diagram and explain the working of bomb calorimeter.

(6×5=30)

Part C

*Answer any **two** questions.
Each question carries **15** marks.*

22. Analyze the ecological factors of malnutrition. What are the remedial measures for controlling malnutrition.
23. Prepare an essay on the distribution, requirements, sources and functions of water. Explain on body electrolytes.
24. Explain the functions, sources, deficiency disorders and daily requirement of thiamin.
25. Describe energy and its unit. What are the components of energy requirements? Elaborate the sources and requirements based on reference man and woman.

(2×15=30)

