



II Semester All U.G. Courses Degree Examination, October/November 2022
(NEP Scheme)

BIOCHEMISTRY (Open Elective – I)
Nutrition and Dietetics

Time : 2½ Hours

Max. Marks : 60

- Instructions :**
- 1) **All Sections are compulsory.**
 - 2) **Section – A answer any five.**
 - 3) **Section – B answer any five.**
 - 4) **Section – C answer any three.**

SECTION – A

1. Answer **any five** of the following.

- a) Classify the food based on composition.
- b) What are essential amino acids ?
- c) Mention any two functions of vitamin B12.
- d) List out the sources of phosphorus.
- e) What is meant by diet therapy ?
- f) Mention the significance of BMR.
- g) What is meant by fortification food ?

(5×2=10)

SECTION – B

Answer **any five** of the following.

(5×4=20)

2. Enumerate the characteristic features of RDA.
3. Explain the principles of diet planning.
4. Discuss in detail about protein energy malnutrition.
5. Explain about nutritional requirement for the patients of Diabetes mellitus and tuberculosis.
6. Give the sources, functions and deficiency symptoms of Vitamin C and Vitamin A.



7. Write a note on :
- Lipoprotein
 - Cholesterol
 - Essential fatty acids.

Max. Marks : 50

SECTION – C

Time : 2½ Hours

Answer **any three** of the following. (3×10=30)

8. Define balanced diet and explain the composition of food.
9. List out the sources, functions and deficiency symptoms of :
- Thiamine
 - Vitamin F
 - Iodine
 - Iron
 - Folic acid.
10. Explain the following :
- Food pyramid
 - Functional foods
 - Digestible carbohydrates.
11. What is BMR ? Explain the factors affecting BMR.

SECTION – B

(5×4=20)

- Answer any five of the following
- Enumerate the characteristic features of RDA.
 - Explain the principles of diet planning.
 - Discuss in detail about protein energy malnutrition.
 - Explain about nutritional requirement for the patients of Diabetes mellitus and tuberculosis.
 - Give the sources, functions and deficiency symptoms of Vitamin C and Vitamin A.