



OECEB – 201

II Semester All U.G. Courses Degree Examination, Aug./Sept. 2023

(NEP – Freshers and Repeaters)

BIOCHEMISTRY (Paper – I) (Open Elective)

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.**

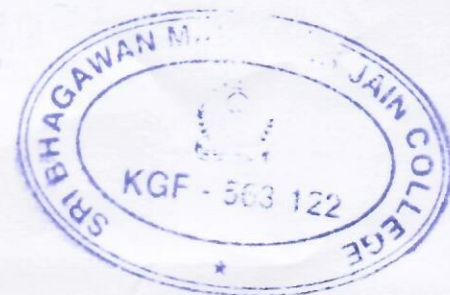
4) **Section – C answer any three.**

SECTION – A

Answer **any five** of the following :

(5×2=10)

1. a) What is nutrition ?
- b) What is nutritive value of proteins ?
- c) What are digestible carbohydrates ?
- d) What are essential amino acids ? Give an example.
- e) What is diet therapy ?
- f) List out the diet prescribed for fever.
- g) What are water soluble vitamins ? Give an example.



SECTION – B

Answer **any five** of the following :

(5×4=20)

2. Explain the principles of balanced diet.
3. Write a note on protein calorie malnutrition.
4. What are lipoproteins ? Explain the types.
5. Mention the sources, requirements, functions and deficiency symptoms of thiamine.
6. Enumerate the nutritional requirements for an anaemic child.
7. Explain in detail the prevention and correction of obesity by diet therapy.

P.T.O.



SECTION – C

Answer **any three** questions :**(3×10=30)**

8. What is Basal Metabolic Rate ? Explain the factors affecting BMR.
9. What is the energy requirements and Recommended Dietary Allowance [RDA] for infants, children and pregnant women ?
10. Mention the sources, daily requirements, functions and deficiency symptoms of calcium and iron.
11. Explain the dietary interventions to correct and manage stratorrhoea and irritable bowel syndrome.
12. Explain the functional food-based diet therapy for diabetes and cardiovascular disease.



(5×4=20)

P.T.O.