



Name :

Roll No. :

Invigilator's Signature :

CS/HM/SEM-6/BHM-604C/2013
2013
NUTRITION

Time Allotted : 3 Hours

Full Marks : 70

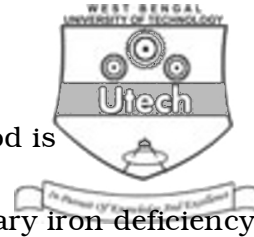
The figures in the margin indicate full marks.

Candidates are required to give their answers in their own words as far as practicable.

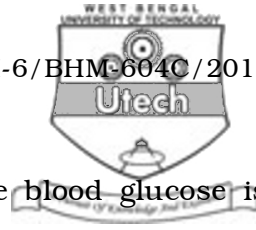
GROUP – A

(Multiple Choice Questions)

1. Choose the correct answer for the following : $10 \times 1 = 10$
- i) The term 'VITAMIN' was coined by
 - a) Lunin
 - b) Funk
 - c) Lavoisier
 - d) Hopkin.
 - ii) The cytoplasmic organelles described as suicidal bag are
 - a) Ribosomes
 - b) Lisosomes
 - c) Centrosomes
 - d) Mitochondria.
 - iii) Pancreatic amylase acts on
 - a) Unboiled starch
 - b) Maltose
 - c) Both boiled and unboiled starch
 - d) None of these.
 - iv) An individual called obese when BMI exceeds
 - a) 20
 - b) 25
 - c) 27
 - d) 30.



- v) The main cause of anemia in childhood is
- a) chronic diarrhoea
 - b) dietary iron deficiency
 - c) PEM
 - d) hookworm infestation.
- vi) Consumption of high fibre diet helps to prevent
- a) constipation
 - b) obesity
 - c) colon cancer
 - d) all of these.
- vii) Fatty acids which cannot be synthesized by the body and need to be taken from the diet are
- a) free fatty acids
 - b) trans-fatty acids
 - c) linoleic and linolenic acids
 - d) simple fatty acids.
- viii) is referred to as the most abundant intracellular trace element.
- a) Zinc
 - b) Copper
 - c) Iron
 - d) Iodine.



- ix) The ability of carbohydrates to raise blood glucose is referred to as
- a) equivalent carbohydrate
 - b) glycemic index
 - c) digestible carbohydrate
 - d) none of these.
- x) The RDI for energy during pregnancy increases by
- a) 400 k.cal
 - b) 450 k.cal
 - c) 300 k.cal
 - d) 600 k.cal.

GROUP – B

(Short Answer Type Questions)

Write short notes on any *three* of the following.

3 × 5 = 15

2. Vitamins.
3. Essential Fatty acids.
4. Endemic goitre.
5. CHO.
6. Mid-Day Meal Programme.



GROUP – C

(Long Answer Type Questions)

Answer any *three* of the following. $3 \times 15 = 45$

7. Define energy and physiological fuel factors. List the different components of energy requirements. Write in brief the factors affecting the BMR. $5 + 4 + 6$
8. Define and clarify the Enzymes. Discuss the role of enzymes in the digestion of food. $8 + 7$
9. Enumerate the modifiable and non-modifiable etiological factors associated with pregnancy. Why do iron requirements increase during pregnancy ? What is anaemia prophylaxis programme ? $6 + 4 + 5$
10. What is malnutrition ? What are its various types ? State the basic causes of malnutrition. How can it be prevented ? $2 + 3 + 10$
11. What are the basic guidelines to maintain good health ? What is obesity ? Write the principles of dietary management of obesity. $4 + 4 + 7$
