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BFTFTEN 201

**II Semester Open Elective (NEP-2020) Degree Examination, September 2022
(2021-2022 Batch Onwards)
FOOD AND NUTRITION**

Time : 2 Hours

Max. Marks : 60

Answer the following questions :

(4×15=60)

1. a) What is Atherosclerosis ? **3**
- b) Explain relationship between Food, Nutrition and Health. **5**
- c) Explain the functions of following nutrients in our body-Vitamin D, Sodium and Iron. **7**

OR

2. a) Give functions of food. **4**
 - b) List the functions of EFA and TGL. **4**
 - c) Explain the relation of dietary lipids with the occurrence of atherosclerosis and ischaemic heart diseases. **7**
3. a) Write on the classification of proteins. **3**
 - b) What are the functions of protein in our body ? **5**
 - c) Write a note on evaluation of protein quality. **7**

OR

4. a) What are indispensable and dispensable amino acids ? **4**
 - b) What are the functions of carbohydrates in our body ? **4**
 - c) What is PEM ? Write briefly on their different types. **7**
5. a) What is the thermogenic effect of food ? **3**
 - b) Write a note on the need to determine the energy requirements for different age group. **5**
 - c) Write a note on indirect calorimetry. **7**

OR

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6. a) Who are the reference man and reference woman ? **4**
- b) What is the relationship between respiratory quotient and energy output ? **4**
- c) What are the factors affecting BMR ? **7**
7. a) Give short note on Benedict Roth apparatus. **3**
- b) Give aetiology and clinical features of Marasmus. **5**
- c) What is the role of iodine, potassium and sodium in our body ? Give their food sources. **7**

OR

8. a) Write on the importance of determining chemical score of protein. **4**
- b) What are the factorial methods of calculation of the daily energy requirement based on their physical activity. **4**
- c) Discuss the functions, dietary sources and RDA for Vitamin C, Vitamin B12, Phosphorous and Potassium. **7**
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