



Name :

Roll No. :

Invigilator's Signature :

CS/HM/SEM-6/BHM-604C/2010
2010
NUTRITION

Time Allotted : 3 Hours

Full Marks : 70

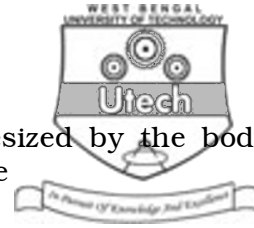
The figures in the margin indicate full marks.

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

GROUP – A

(Multiple Choice Type Questions)

1. Choose the correct alternatives 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) Lysosomes
 - c) Centrosomes
 - d) Mitochondria.
 - iii) Pancreatic amylase acts on
 - a) Un-boiled starch
 - b) Maltose
 - c) Both boiled and un-boiled starch
 - d) None of these.



- iv) 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.
- v) is referred to as the most abundant intra-cellular trace element.
- a) Zinc
 - b) Copper
 - c) Iron
 - d) Iodine.
- vi) 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.
- vii) The RDI for energy during pregnancy increases by
- a) 400 k.cal
 - b) 450 k.cal
 - c) 300 k.cal
 - d) 600 k.cal
- viii) Megaloblastic anaemia is associated with the deficiency of
- a) Iron
 - b) Folic acid
 - c) Vitamin C
 - d) Vitamin B12.
- ix) The process in which an infant diet pattern gradually changed from liquid to solid food is known as
- a) Feeding
 - b) Mixing
 - c) Weaning
 - d) Straining.
- x) ICDS was introduced in
- a) 1960
 - b) 1970
 - c) 1975
 - d) 1980.



GROUP – B
(Short Answer Type Questions)

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

3 × 5 = 15

2. Nutritional components of food.
3. Essential fatty acids.
4. Different types of anaemia.
5. RDA.
6. Resistant starch.
7. Endemic goitre.

GROUP – C
(Long Answer Type Questions)

Answer any *three* of the following. 3 × 15 = 45

8. Define energy and physiological fuel factors. List the different components of energy requirements. Write in brief the factors affecting the BMR. 5 + 4 + 6
9. Define and clarify the Enzymes. Discuss the role of enzymes in the digestion of food. 8 + 7
10. What is malnutrition ? Classify it. State the basic causes of malnutrition among the Indian people. 2 + 6 + 7
11. What are the basic guidelines to maintain good health? What is obesity ? Write the principles of dietary management of obesity. 4 + 4 + 7
12. 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
