



Name :
Roll No. :
Invigilator's Signature :

CS / HM / SEM-6 / BHM-604C /2011

2011

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) Nutrition research in India was pioneered by
 - a) Lavoisier
 - b) Dr. C. Gopalan
 - c) Dr. Robert Mc Carrison
 - d) Hopkins.
 - ii) Information on Nutritive value of Indian Foods was first published in the year
 - a) 1926
 - b) 1937
 - c) 1919
 - d) 1940.



- iii) The name of organelle referred to as power house of the cell is
- a) Mitochondria
 - b) Ribosomes
 - c) Nucleus
 - d) Endoplasmic reticulum.
- iv) The two conditions arising due to energy imbalance are chronic energy deficiency and
- a) obesity
 - b) protein energy malnutrition
 - c) underweight
 - d) Vitamin deficiency.
- v) ORS always contains sodium chloride and
- a) fatty acids
 - b) amino acids
 - c) glucose or sugar
 - d) riboses.
- vi) Action of lipase on fats in the small intestine needs the presence of
- a) Bile salts
 - b) Bile pigments
 - c) Coenzymes
 - d) all of these.
- vii) of 2-4 gm iron is found in association with haemoglobin.
- a) 65%
 - b) 35%
 - c) 45%
 - d) 15%.



- viii) Water acts as a medium and solvent, a lubricant, temperature regulator and source of
- a) Nutrients
 - b) Vitamins
 - c) Calcium
 - d) Minerals.
- ix) The RDI for energy during pregnancy increases by kcal.
- a) 500
 - b) 300
 - c) 600
 - d) 200.
- x) A very low sodium intake by mother during pregnancy can result in
- a) Noe-metal hyponatremia
 - b) Gestational diabetes
 - c) Hyperemesis gravidarum
 - d) PEM.

GROUP – B

(Short Answer Type Questions)

Answer any *three* of the following. $3 \times 5 = 15$

2. Write short notes on any *three* of the following :
- a) Nutritive and calorific values of foods.
 - b) TER and BMR.
 - c) Thermic effect of food.
 - d) BMI.
 - e) Midday meal programme.
 - f) Consequence of iron deficiency.



GROUP - C

(Long Answer Type Questions)

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

3. Define nutrition and nutrients. List the major determinants of nutrient requirements. Briefly explain the concept of bioavailability of nutrients. $4 + 4 + 7$
4. Define and classify the carbohydrate. List some important functions of carbohydrate. $2 + 7 + 6$
5. What do you mean by visible and non-visible fats ? Give examples. Explain how lipids are digested in our gut. $3 + 2 + 10$
6. Enumerate the physiological changes associated with pregnancy. What modifications are made in the requirements of the nutrients (protein, folate and vitamin B₁₂, Iron, Calcium) during pregnancy and why ? $5 + 10$
7. Write in brief the importance of different National Nutritional Programmes to combat malnutrition and ill-health. 15

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