

Total Pages—5

B.Sc.-CBCS/IS/NUT/H/C1T/17

2017

NUTRITION

[Honours]

(CBCS)

[First Semester]

PAPER – C1T

Full Marks : 40

Time : 2 hours

*The figures in the right hand margin indicate marks
Candidates are required to give their answers in their
own words as far as practicable*

Illustrate the answers wherever necessary

1. Answer any five of the following : **2 x 5**
- (a) What do you mean by specific deficiency of nutrients? Give one example. **1 + 1**
 - (b) What do you mean by 'Net Protein Utilization'? **1 x 2**

(Turn Over)

(2)

- (c) Why glycogen storage plays and important role among sports men ? 2
- (d) Why does BMR of children differ from adult ? 2
- (e) Write the value of energy demand per kg body weight for sedentary and heavy work. 2
- (f) Write the name of one antioxidant with mentioning its one function. 2
- (g) Write the names of any two dimensions of food hygiene on health maintenance. 1×2
- (h) What do you mean by optimum nutrition ? 2
2. Answer any *four* of the following : 5×4
- (a) How the grilled food and deep fried food affect the nutritive value of food ? 5
- (b) (i) What is RDA ?
(ii) Write the importance of RDA in formulation of daily food menu chart.

(3)

- (iii) State the dietary guidelines for supplying RDA of an adult male engaged in sedentary work following the rules of ICMR-2010. $1\frac{1}{2} + 1 + 2\frac{1}{2}$
- (c) (i) Write the major body components from the view point of body composition.
(ii) State major changes noted in body composition of late adolescence period.
(iii) Write full forms of MNR and RER. $1\frac{1}{2} + 2\frac{1}{2} + 1$
- (d) (i) State the importance of 'Basic Food Groups'.
(ii) Citing one example, write the inter-relationship between onset of disease and its prevention following the rules of inclusion and exclusion criteria of foods as per 'Basic Food Groups'.
(iii) State the fundamental difference between food and nutrient. $1\frac{1}{2} + 2 + 1\frac{1}{2}$

(4)

- (e) (i) What do you mean by positive and negative health ?
- (ii) Write in brief about visible symptoms of good health
- (iii) "Water is one nutrient" – justify the statement. 5
- (f) (i) Define supplementary food.
- (ii) Write the importance of processed supplementary food in health maintenance.
- (iii) How amylase rich foods can be prepared at home ? $1\frac{1}{2} + 2 + 1\frac{1}{2}$
3. Answer any one of the following : 10×1

- (a) (i) Write function of Vitamin-B₁₂.
- (ii) State the role of vitamin-E for the management of free radicals.
- (iii) Write the significance of BMR.
- (iv) Write the role of Iodine in our body. $1\frac{1}{2} + 3 + 3 + 2\frac{1}{2}$

(5)

- (b) (i) Calculate the energy requirement of a Male using the following criteria- Age-25 yrs, 8 hrs-sedentary work, 3 hrs heavy work 5 hrs moderate work and 8 hrs rest as per PER.
- (ii) Compute the daily carbohydrate and protein amounts require to supply energy as per RDA.
- (iii) Why water and electrolytes are important in an athlete's diet ? $3 + (2 + 2) + 3$