

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 × 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 × 2

- (c) Why glycogen storage plays an 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 do 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.

- (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.  $1\frac{1}{2} + 2 + 1\frac{1}{2}$

(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.

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(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-B<sub>12</sub>.

(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.

$$1\frac{1}{2} + 3 + 3 + 2\frac{1}{2}$$

- (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 athelete's diet ?  $3 + (2 + 2) + 3$
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