



বিদ্যাসাগর বিশ্ববিদ্যালয়

**VIDYASAGAR UNIVERSITY**

**B.Sc. Honours Examination 2021**

(CBCS)

**1st Semester**

**NUTRITION**

**PAPER—C1T & C1P**

**BASIC NUTRITION**

*Full Marks : 60*

*Time : 3 Hours*

*The figures in the right-hand margin indicate full marks.*

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

**THEORY : C1T**

**Group - A**

Answer any *three* questions.

3×12

1. Write down the classification of carbohydrate. Mention their dietary sources. Write down the physiological role of our dietary carbohydrate.

5+2+5

2. What do you mean by RDA? Define the term reference man and reference woman. How energy of a food is measured by using bomb calorimeter?  
3+(2+2)+5
3. Write down the functions of food. Define the term BMR and write down their influencing factors. How does excess calorie effects our body?  
4+(2+4)+2
4. Write down the dietary principle for daily diet of a cricket player. Write down the functions of antioxidants with examples. What do you mean by bone calcification?  
5+5+2
5. How does our body compositions are changed through the life cycle? Why dietary fibre is recommended in diabetes and obesity? How much protein and calcium are required for an adult Indian man and woman?  
5+4+3
6. Write down the functions and deficiency disorders of vitamin A. How do health and nutrition are interrelated?  
6+6

**Group - B**

Answer any *two* questions. 2×2

7. Write in short about malnutrition.
8. What do you mean by nutrigenomics?
9. Write down two examples of polyunsaturated fatty acid and write their importances.
10. Define essential amino acids. Write the importance of Vitamin-K.

**PRACTICAL : C1P**

Answer any *one* question. 1×15

1. Write the preparation procedure of 'rice pulao' with schematic diagram. Calculate the nutritive value of that preparations according to portion size. 10+5
2. Write the preparation method of 'upma' with line diagram. Write the nutritive value of that preparations. 10+5
3. Write the preparation procedure of 'pancake' with schematic diagram. Calculate the nutritive value. 10+5

Answer any *one* question. 1×5

4. Write the preparation procedure of curd.
  5. Write the preparation procedure of fruit salad.
  6. Write the preparation procedure of fried omelette.
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