

Printed Pages: 3

HM-12/HMCT-206/NBHM-206

(Following Paper ID and Roll No. to be filled in your
Answer Books)

Paper ID : 174224

Roll No.

--	--	--	--	--	--	--	--	--	--

B.H.M.C.T.

Theory Examination (Semester-II) 2015-16

NUTRITION

Time : 3 Hours

Max. Marks : 100

Note : Attempt all questions

1. Define the following :

(10×2 = 20)

- (a) Malnutrition
- (b) Kilocalorie
- (c) Nutrients
- (d) Catabolism
- (e) Obesity
- (f) RDA
- (g) Amino acids
- (h) Hydrogenated fats

(1)

P.T.O.

- (i) Vulnerable age group
- (j) Co-factor

Section-B

2. Attempt any five parts : (5×10 = 50)

- (a) Deline food and write down the physiological functions of food
- (b) Explain the relation of food and health and mention the factors affecting food intake.
- (c) Draw a neat diagram of digestive system and list the organs in the digestive tract.
- (d) Explain briefly factors affecting the total energy requirement of an individual.
- (e) What is BMR and explain why the BMR varies in two individuals?
- (f) Explain briefly the role of vitamin A and K in the human body.

- (g) Write down the general functions of minerals and classify minerals giving, two examples of each.
- (h) Explain how the use of food groups simplifies planning of balanced meals.

Section-C

Attempt any two of the following :

(2×15 = 30)

3. Explain the following:
- (i) consequences of excessive consumption of fat.
 - (ii) negative effect of excessive carbohydrates consumption.
4. What are the anaemia preventing vitamins and list five rich sources of each vitamin.
5. What are the functions in the body and sources of sodium and potassium in our diet?