



QP CODE: 23104644



Reg No : .....

Name : .....

**B.Sc DEGREE (CBCS) REGULAR/IMPROVEMENT/REAPPEARANCE  
EXAMINATIONS, FEBRUARY 2023**

**First Semester**

B.Sc Food Science & Quality Control Model III

**Core Course - FS1CRT01 - BASIC NUTRITION**

2017 Admission Onwards

25F67D7B

Time: 3 Hours

Max. Marks : 80

**Part A**

*Answer any **ten** questions.*

*Each question carries **2** marks.*

1. Quote the elements of nutrition
2. Discuss on body electrolytes.
3. Cite the major functions of water.
4. List any four major functions of carbohydrates.
5. Justify the role of fibre in human nutrition.
6. Role played by protein in detoxification.
7. Define nitrogen balance.
8. Discuss on the type of minerals.
9. Quote the functions of phosphorus.
10. Define myxoedematous cretinism.
11. Correlate the type of activity and RDA of energy.
12. Explain Benedict's Oxy calorimeter.

(10×2=20)

**Part B**

*Answer any **six** questions.*

*Each question carries **5** marks.*

13. Define health and what are the essential aspects of being healthy?
14. Analyze the ecological factors of overnutrition.





15. Discuss on water balance. How can we maintain the water balance in the body?
16. Explain on the types of PEM.
17. Discuss in detail about fats in the body and fats in food.
18. Discuss on functions of lipids.
19. Explain the deficiency of vitamin B1.
20. Explain the major sources, functions and deficiency of phosphorus.
21. Discuss on energy. How can you define one kilocalorie?

(6×5=30)

### **Part C**

*Answer any **two** questions.*

*Each question carries **15** marks.*

22. Justify the interrelationship between nutrition and health.
23. Generate an essay on the role of water and electrolytes in maintaining health.
24. Make an essay on the sources, functions, RDA and deficiency disorders of fat soluble vitamins.
25. Describe energy and its unit. What are the components of energy requirements?  
Elaborate the sources and requirements based on reference man and woman

(2×15=30)

