

D 103006

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Name.....

Reg. No.....

**FOURTH SEMESTER (CBCSS—UG) DEGREE EXAMINATION
APRIL 2024**

Common Course—(Language Reduced Pattern)

A14—NUTRITION AND HEALTH

(2019 Admission onwards)

Time : Two Hours and a Half

Maximum : 80 Marks

Part A

1. What do you mean by determinants of health ?
2. State the common four types of undernutrition.
3. What do you mean by basal metabolism rate ?
4. What is meant by nutrient ?
5. Define food group.
6. Write the main source of energy in the body.
7. What is ABCD method in reference to nutritional status assessment ?
8. What is 'Antivitamin' ?
9. Define NPU.
10. State the difference between homopolysaccharide and heteropolysaccharide.
11. Mention the function of glycogen.
12. State the role of amylase indigestion.
13. Do we need fluoride in our bodies ?
14. Name any *two* acidic amino acid.
15. What are the symptom's of copper deficiency ?

(Ceiling 25 marks)

Turn over

Part B

Each question carries 5 marks.

16. Write down the dietary sources and physiological role of Vitamin A.

(2 + 3 = 5 marks)

17. Point out the properties of amino acids.
18. Compare hypothyroidism and hyperthyroidism.
19. Classify carbohydrate based upon hydrolysis.
20. Write a short note on protein quality indicator.
21. Importance of folic acid in pregnancy outcome.
22. Enlist the role of iodine in human body.
23. What are the functions of water in our bodies ?

(Ceiling 35 marks)

Part C

Each question carries 10 marks.

24. Discuss the classification of protein based on biological functions.
25. What is PEM ? Write down the clinical sign and symptoms of Kwashiorkor and Marasmus.

(2 + 4 + 4 = 10 marks)

26. Give a description on different dimensions of health.
27. How many different kinds of fats are there ? Write a brief note on those types of fat.

[1 + (2 + 5 + 2) = 10 marks]

(Maximum = 20 marks)