

**Avinashilingam Institute for HomeScience and Higher Education For Women
(Deemed to be University)Coimbatore-43**

Semester Examination –November 2018

I Semester

Class :I BSc

Major :Food Service Management

Max Marks :100

Time-3 Hours

18BFDC02 Principles of Nutrition

Part-A

10 x 1=10

Choose the correct answer

1. Bomb calorimeter is used to determine _____ value of food
a) energy b)protein c)fat d)vitamin
2. _____ is a polysaccharide.
a) fructose b) lactose c) starch d) maltose
3. The weight gain per gram of protein intake is _____
a) PER b)BV c)NPU d)DC
4. Fat in butter is _____
a) butyric acid b)palmitic c)stearic d)oleic acid
5. The calcium phosphorus ratio in adult bone is _____
a)1:1 b)2:1 c) 1:2 d)2:0
6. Non-haem iron is found mostly in _____
a) plant foods b) animal foods c) sea foods d)milk
7. Wet beri beri is due to deficiency of _____
a) Retinol b) Tocopherol c) B1 d)B2
8. Dry chopped appearance of the lips with superficial ulcers in riboflavin deficiency is _____
a)Glossitis b)Cheilosis c) Stomatitis d)Magenta tongue
9. Pellagra is due to deficiency of _____
a)Niacin b)Thiamine c) Riboflavin d)Retinol
10. Function of dietary fibre is _____
a)energy giving b)detoxification c)body building d)growth

Part B

5 X 6=30

Answer the following
Answer should not exceed 400 words or two pages

11. a) Identify the factors that affect the BMR.
Or
11. b) Examine the importance of diet survey to correct the nutritional deficiency.
12. a) Classify carbohydrates with sources.
Or
12. b) Compare the saturated fat and unsaturated fat with examples.
13. a) Explain Iron deficiency anemia. List the sources and requirements of iron.
Or
13. b) List the functions of copper and zinc.
14. a) Illustrate the role of nutrient which helps for blood clotting.
Or
14. b) Classify the water soluble vitamins with its recommendation and sources.
15. a) Identify the importance of water balance in human.
Or
15. b) Differentiate the soluble and insoluble fiber.

Part C

5 x 12=60

Answer the following
Answer should not exceed 800 words or four pages

16. a) Illustrate on the indirect calorimeter with its pictorial representation .
Or
16. b) Interpret the various tools used to assess the nutritional status of children.
17. a) Discuss the calculation procedure to be followed in evaluation of protein quality.
Or
17. b) Explain the digestion, absorption & metabolism of carbohydrate.
- 18.a) Compare the calcium intake with the recommended value and help them to prevent from osteoporosis.
Or
18. b) Analyze the importance, sources, toxicity and deficiency of sodium.
19. a) Describe the functions, sources and deficiency of vitamin D.
Or
19. b) Evaluate the requirement of folic acid and mention its importance of deficiency among pregnant mother.
- 20.a) Evaluate the role of dietary fiber in health.
Or
20.b) Explain the digestion and absorption of fiber.
