



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

**Bachelor's Degree Examination – March 2021
I Semester**

Class : I UG

Time : 3 Hours

Major : Physician Assistant

Max. Marks: 100

18BPAC03 Principles of Nutrition and Diet Therapy

Part A

10 x 1 = 10

Choose the Correct Answer

1. The vitamin necessary for the coagulation of blood is
a. vitamin B b. vitamin C c. vitamin K d. vitamin E
2. Minerals is essential for the transmission of nerve impulses in the nerve fibers of human body is
a. calcium b. cobalt c. iodine d. sodium
3. Besides carbohydrates, a major source of energy in our diet is constituted by
a. protein b. fat c. minerals d. vitamins
4. The food constitute that is not digested, but important for human health is
a. fiber b. minerals c. proteins d. vitamins
5. A complete protein food is
a. almond b. horse gram c. soya beans d. cashew nut
6. Nutrient that is needed for healthy immune system is
a. calcium b. iodine c. vitamin K d. vitamin C
7. A substance needed by the body for growth, energy, repair and maintenance is called as
a. nutrient b. carbohydrates c. calorie d. fatty acid
8. All of the following are nutrients found in food except
a. Protein b. Trypsin c. Carbohydrates d. Vitamins
9. The unit of energy that indicates the amount of energy contained in food
a. BMR b. SDA
c. Calorie d. TEE
10. Degenerative disease are not closely associated with
a. Immunity b. Sedentary life
c. Heredity d. Faulty food habits

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

11.a. Define energy. Explain their units and concept of energy.

(or)

11.b. Discuss on functions of carbohydrates.

12.a. Discuss the functions of Protein.

(or)

12.b. Discuss the functions of Iron.

13.a. Describe the classification of vitamins.

(or)

13.b. Describe the classification of proteins.

14.a. Discuss on deficiency of calcium with symptoms.

(or)

14.b. List down micro minerals and its deficiency symptoms.

15.a. Mention the Deficiency Disease of vitamin D.

(or)

15.b. Write a note on Deficiency of iodine.

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

16.a. Explain Vitamins under following heads – classification, function, requirements, deficiency, sources and dietary modifications.

(or)

16.b. Fibre- definition, function, requirements, deficiency and dietary changes.

17.a. Carbohydrates – classification, digestion, absorption and metabolism.

(or)

17.b. Fat- classification, digestion, absorption and metabolism.

18.a. Define diet therapy, classification, and principles of therapeutic diet.

(or)

18.b. Define malnutrition, classification, dietary sources and dietary modifications.

19.a. Discuss on the Food and nutritional requirements of pregnant women.

(or)

19.b. Explain about the food and nutritional requirements of school going child.

20.a. Definition, causes, signs and symptoms, and diet modification for diabetes mellitus person.

(or)

20.b. Definition, causes, signs and symptoms, and diet modification for peptic ulcer person.
