

**Avinashilingam Institute for Home Science and Higher Education for Women**

**Coimbatore -641043**

**Continuous Internal Assessment I – February 2025**

**II Semester**

**Class : I UG**

**Branch : OPTOMETRY**

**Time : 2 Hours**

**Max. Marks : 60**

**22BOPC10 Nutrition**

**Course outcomes:**

CO1: To comprehend the concept of nutrition and energy.

CO2: To equip on the sources, function of proteins, fats and carbohydrates and their role in eye.

CO3: To gain knowledge on the role of vitamins, minerals, water and fiber in digestion and absorption of food and its impact on eyes.

CO4: To decipher the concept of diet and effectively plan a diet.

CO5: To understand the nutritional requirements for different age groups and the impact of nutritional deficiencies in eye.

**Part A**

**Answer all questions (6 x 1 =6marks)**

1. BMR includes the energy used for all of these except CO1K1  
a. jumping b. Respiration c. circulation d. transmission of nerve Impulse
2. 1 gm of protein provides how many calorie CO1K1  
a. 4 b. 7 c. 9 d.8
3. BMR accounts for \_\_\_ of total energy expenditure CO1K1  
a. 90% B. 50-60% C. 15-30% D.75%
4. Source of Complete Protein is CO2K1  
a. rice b. fish c. Tapioca c. green gram
5. A condition seen in PEM is CO2K1  
a. Marasmus b.Obesity c. Rickets d. Night blindness
6. Identify which one is rich in oranges CO3K1  
a. Retinol b. Vit E c.Calcium d. Ascorbic acid

**Part B**

**Answer All questions (3 x 6 = 18 marks)**

7. A)Discuss the types and sources of fat in diet (or) CO3K3  
B)Discuss types of B vitamins CO3K2
8. A)Discuss the sources and types of carbohydrates (or) CO2K2  
B)Explain importance of Vit A in eye health CO3K2
- 9.A) Discuss the Concept of Energy Expenditure (or) CO1K2  
B) Discuss Obesity as consequence of energy imbalance CO1K2

**Part C (3 x 12=36 marks)**

**Answer all questions**

- 10.A) Explain the methods used for Assessment of Nutrition status (or) CO1K2  
B) Discuss the various food groups CO1K2
- 11.A) Discuss the dietary goals and justify need for balanced diet (or) CO1K2  
B) Associate Hyperlipidemia with Atherosclerosis CO2K2
- 12.A) Diagnose and explain- A 11 month child exhibits poor growth. Physical examination reveals dry skin, sparse and brittle hairs, significant edema and swollen belly. Blood work showed hypoalbuminemia. (OR) CO2K3  
B) Relate the carbohydrate metabolism with eye disorders CO1K3

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**Staff- Mrs. Swapna**