



Avinashilingam Institute for Home Science and Higher Education for Women

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

Re-accredited with 'A++' Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Arrear Examination – May 2025 I Semester

Batch : 2024 / 2023
Major : Physician Assistant

Time: 3 Hours
Max. Marks: 100

22BPAC03 Principles of Nutrition and Diet Therapy

Course Outcomes:

At the end of this course, students will be able to:

- CO1 : Acquire the knowledge on growth and development and nutritional requirement of all the age groups
- CO2 : Apply the knowledge of dietary principles in planning therapeutic diets for disease conditions
- CO3 : Relate the causes, symptoms and onset of various types of diseases to plan therapeutic diets for disease conditions
- CO4 : Demonstrate skills in preparing appropriate therapeutic diets and calculate the nutrient content of diets prepared
- CO5 : Recommend diets for various health and disease conditions

Part A

10 x 1= 10

Choose the Correct Answer

1. Carbohydrates are absorbed into blood stream as _____ in our body CO1 K1
a. Lactose b. Glucose c. Lipids d. Aminoacids
2. The enzyme that helps in conversion of maltose into glucose units. CO1 K1
a. Maltase b. Sucrase c. Isomerase d. Amylase
3. Osteoporosis is caused due to the deficiency of _____ CO2 K1
a. Fats b. Proteins c. Zinc d. Calcium
4. The Green Leafy Vegetables are good source of _____ nutrients. CO2 K1
a. Fibre b. Copper c. Calcium d. Iodine
5. A sudden switch from a low-fibre diet to a high-fibre diet may lead to some abdominal pain and increased _____ CO3 K1
a. Vomiting b. Nausea c. flatulence d. Diabetes
6. Bananas are high in other nutrients including _____, vitamin B6 and manganese. CO3 K1
a. potassium b. Iron c. Water d. Sulphur
7. Proper _____ is instrumental in ensuring that all the body systems from the digestive to the endocrine functions in the optimum manner. CO2 K1
a. diet therapy b. Sleep c. Meditation d. Jogging
8. Regular aerobic exercise can help fight _____ by reducing the amount of fat in your blood, lowering your blood pressure and cholesterol CO4 K1
a. Stroke b. atherosclerosis c. Underweight d. Cancer
9. Foods to avoid while experiencing diarrhoea include _____, fatty, greasy foods. CO4 K1
a. Rice b. Pulses c. Dairy products d. Orange
10. Recommended protein intake during pregnancy is _____ per day, which represents an increase from 46g/day in non-pregnant states. CO5 K1
a. 55g b. 75g c. 65g d. 60g

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Brief about the energy – concept and requirements. CO1 K2
(or)
- 11.b. Discuss about the functions of lipids. CO1 K3
- 12.a. Outline the classification of proteins with its suitable examples. CO2 K2
(or)
- 12.b. Discuss about the importance of iodine and its specific functions. CO2 K3
- 13.a. Brief about the Vitamin A function and deficiency. CO1 K2
(or)
- 13.b. Explain about the importance of water balance in human body. CO1 K2
- 14.a. Outline the role of diet and nutrition in health? CO2 K2
(or)
- 14.b. What are the diet strategies to prevent hypertension? CO3 K3
- 15.a. Brief the nutritional recommendations for adolescence. CO3 K2
(or)
- 15.b. Discuss the dietary management for the elderly? CO3 K2

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Illustrate the digestion, absorption and transport of carbohydrate. CO1 K2
(or)
- 16.b. Enumerate the harmful effects of excess intake of fats. CO1 K2
- 17.a. Discuss about the Protein: Sources, deficiency, and requirements. CO3 K3
(or)
- 17.b. Write a short note on : a. Scurvy b. Anaemia CO3 K3
- 18.a. Detail the types of vitamins - their sources and functions. CO2 K2
(or)
- 18.b. Justify - Dietary fiber: Essential for a healthy diet. CO2 K2
- 19.a. Explain the following : a. Obesity b. Diabetes CO5 K3
(or)
- 19.b. Summarize the factors to be considered in the modification of normal diet into therapeutic diet. CO4 K3
- 20.a. How does diet affect health and wellness in adolescent age. CO3 K2
(or)
- 20.b. Elaborate the advantages and disadvantages of breastfeeding for a mother. CO5 K2
