

**Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University), Coimbatore-641 043**

Bachelor's Degree Examination – November 2018

I Semester

**Class : : I UG
Major : Physician Assistant**

**Time :3 hours
Max. Marks: 100**

18BPAC03-PRINCIPLES OF NUTRITION AND DIET THERAPY

Part-A

10 x 1=10

Choose the correct answer

1. BMR
 - a. Body maintenance rate
 - b. Body metabolic rate
 - c. Basal metabolic rate
 - d. Basic metabolic rate
2. Identify the high energy nutrient
 - a. Fat
 - b. protein
 - c. carbohydrate
 - d. vitamins
3. EAA is
 - a. Essential aromatic acids
 - b. Essential aliphatic acids
 - c. Essential acidic acids
 - d. Essential amino acids
4. Following are the rich sources of calcium except
 - a. milk
 - b. crab
 - c. gingelly seeds
 - d. tea
5. Koilanchia occurs due to the deficiency of
 - a. copper
 - b. cobalt
 - c. zinc
 - d. iodine
6. Following are the irreversible conditions that occur due to deficiency of vitamin A except
 - a. night blindness
 - b. corneal xerosis
 - c. keratomalacia
 - d. corneal scar
7. World requirement per day is
 - a. 500-1000ml
 - b. 1000-1500ml
 - c. 1500-2500ml
 - d. 2500-3000ml
8. Diabetic is a metabolic
 - a. process
 - b. disorder
 - c. rate
 - d. activity
9. Birth weight of an infant doubles by ----- months
 - a. 3
 - b. 6
 - c. 9
 - d. 12
10. Unusual craving for non nutritional things during pregnancy is
 - a. PIH
 - b. goitre
 - c. scurvy
 - d. pica

Part B

5 X 6=30

Answer the following

Answer should not exceed 400 words or two pages

11. a. Give the functions of carbohydrates?

(or)

11.b. Define (i) atherosclerosis (ii) nutrition

12. a. Explain about the deficiency of iodine?

(or)

12. b. Write the functions of water?

13. a. Outline the deficiency of Phosphorus and Magnesium?

(or)

13. b. Diet Modification for Diabetes Mellitus?

14.a. Explain the principles of therapeutic diets?

CO4K2

(or)

14. b. Plan a menu for an adolescent girl suffering from typhoid?

CO4K6

15. a . List the importance of breast feeding?

CO5K2

(or)

15.b . Explain the nutritional requirement of lactating mother?

CO5K4

Part C

5 x 12=60

Answer the following

Answer should not exceed 800 words or four pages

16.a. Describe the digestion and absorption of carbohydrates?

(or)

16.b .Discuss the factors influencing TEE?

17 .a. Explain about Protein Energy Malnutrition?

(or)

17 .b. Discuss the factors affecting the utilization of calcium and iron?

18.a.Elaborate on role of fibre in human nutrition?

(or)

18.b. Give the sources, functions, requirements and deficiency of vitamin A?

19.a. Write in detail about the nutritional management in cardiovascular diseases?

(or)

19.b. Discuss the symptoms and nutritional management of peptic ulcer?

20.a. Discuss about nutritional requirements during pregnancy?

(or)

20.b. Food and nutritional requirements for Infants & elderly ?
