



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

Major : Food Service Management and Dietetics

Time :3 Hours

Max. Marks :100

18BFDC02 Principles of Nutrition

Part A

10 x 1 = 10

Choose the Correct Answer

1. The energy value of food is expressed as
 a. Kilocalories b. Kilograms c. Micro unit d. International unit
2. Assessment of mid-upper arm circumference is recognised to indicate the status of
 a. Iron status b. Blood status
 c. Bone development d. Muscle development
3. Enzyme involved in the digestion of lipids
 a. Lactase b. Lipase c. Amylase d. Protease
4. An example for complete protein food source
 a. Groundnut b. Soya c. Egg d. Corn
5. Factor responsible for inhibiting iron absorption
 a. Phytate b. Sunlight c. Vitamin -C d. Vitamin -B
6. Iodine deficiency disorder
 a. Beri- Beri b. Scurvy c. Glossitis d. Goitre
7. Food source rich in retinol
 a. Carrot b. Fish c. Papaya d. Spinach
8. Rickets is due to deficiency of
 a. Vitamin-A b. Vitamin -E c. Vitamin -K d. Vitamin -D
9. The term "Oedema" indicates
 a. Accumulation of fluid in the body b. Inflammation of the intestine
 c. Electrolyte loss d. Mental retardation
10. Insoluble fibre
 a. Cellulose b. Gum c. Pectin d. Phytin

Part B
Answer ALL questions

5 x 6 = 30

Each answer should not exceed 400 words or two pages

- 11.a. Discuss the interrelationship between health and nutrition.
(or)
- 11.b. Explain the method of clinical signs for nutritional assessment.
- 12.a. Explain method of evaluation of "Protein Efficiency Ratio".
(or)
- 12.b. Outline classification of carbohydrates.
- 13.a. Write on the functions of calcium in human nutrition.
(or)
- 13.b. What is "Fluorosis"? Give its symptoms.
- 14.a. Highlight symptoms of Pellagra.
(or)
- 14.b. Summarize the functions of Vitamin-K.
- 15.a. Illustrate consequences of fluid imbalance in human body.
(or)
- 15.b. Describe the functions of fibre.

Part C
Answer ALL questions

5 x 12 = 60

Each answer should not exceed 800 words or fourpages

- 16.a. Discuss anthropometric measurements applied for the assessment of nutritional status of pre-school children.
(or)
- 16.b. What are the factors affecting BMR?
- 17.a. Describe digestion and absorption of protein.
(or)
- 17.b. Highlight sources and classification of lipids.
- 18.a. Discuss the causes and symptoms of Iron deficiency anaemia.
(or)
- 18.b. List the functions of sodium and potassium in human body.
- 19.a. Describe the clinical features of Vitamin -A deficiency disorder.
(or)
- 19.b. Explain the sources and functions of Ascorbic acid.
- 20.a. Write on types and sources of fibre.
(or)
- 20.b. Explain about digestion of fibre.
