

ODD SEMESTER EXAMINATION 2022-2023
BHMCT III-SEMESTER YEAR: II
NUTRITION & DIET PLANNING

Time: 03 hrs.

MM: 50 MARKS

Note: Attempt all question. All question carry equal marks.

QUES 1. Answer any Two Questions of the following **2X5=10 MARKS**

- a) Give two food sources and three functions each of the following nutrients:
(i) Carbohydrate (ii) Fats (iii) Protein (iv) Water (v) Mineral
- b) Define the following terms:
(i) Nutrition (ii) Health (iii) Malnutrition (iv) underweight (v) SDA
- c) Write the deficiency diseases of the following:
(i) Calcium (ii) iodine (iii) iron (iv) protein (v) sodium

QUES 2. Answer any Two Questions of the following **2X5=10 MARKS**

Differentiate between

- a) Macro nutrients and Micro nutrients.
- b) Fat soluble vitamin and water soluble vitamin
- c) Saturated and non saturated fatty acids

QUES 3. Answer any Two Questions of the following **2X5=10 MARKS**

- a) What are the Factors affecting BMR.
- b) Signify the role of dietary fiber in our diet.
- c) What are the health hazards associated with energy balance?

QUES 4. Answer any Two Questions of the following **2X5=10 MARKS**

- a) Explain the Physiological Functions of food?
- b) Write the function of protein in detail.
- c) Define energy and discuss the factors affecting energy requirements?

QUES 5. Answer any Two Questions of the following **2X5=10 MARKS**

- a) What is balanced diet? Classify foods into various groups.
- b) Define Therapeutic Diet? Explain the importance of the therapeutic diet.
- c) How water balance is maintained in the body? Give the functions of water