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PRN:		Course Code:	**U25PC303**

Second Year **B. Sc. FST** End Semester Examination Winter 2024

Human Nutrition

000599

Day and Date: Wed - 4 Dec 2024 Max Marks: **35**

Time : 10:30AM To 12:30PM Duration: **02** hrs

Instructions: All questions are compulsory.

			Marks	Bloom's Level	CO
Q.1		**Attempt the following**	**07**		
	a)	Define undernutrition.	01	L1	CO1
	b)	Define balanced diet.	01	L1	CO1
	c)	…..are called building blocks of body muscles.	01	L1	CO1
	d)	Write in short about energy value of food.	02	L1	CO1
	e)	Comment in brief on good eating habits.	02	L2	CO1
Q.2		**Attempt the following**	**07**		
	a)	Explain functions of food in the context of physiological, social and psychological aspects?	04	L2	CO2
	b)	Describe the relationship between nutrition and health.	03	L2	CO2
		or			
	c)	Write a detail comment on malnutrition and its consequences.	03	L3	CO2
Q.3		**Attempt the following**	**07**		
	a)	Describe balanced diet in detail. Write down its importance.	04	L3	CO3
	b)	What is coronary heart disease? What are its causative factors?	03	L2	CO3
		or			
	c)	Enlist different fat sources. Write a note on dietary lipids.	03	L2	CO3
Q.4		**Attempt the following**	**07**		
	a)	Define RDA. Enlist five food groups with one	03	L3	CO4

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	source each?			
b)	What are macronutrients? Write in detail about carbohydrates.	04	L2	CO4
	or			
c)	Describe the effects of cooking and processing of food on its nutritional value.	04	L3	CO4
Q.5	**Attempt the following**	**07**		
a)	Comment on importance of energy in nutrition.	03	L2	CO5
b)	What is basal metabolic rate? Explain the factors affecting basal metabolic rate?	04	L3	CO5
	or			
c)	Define menu planning? Explain Mediterranean diet in detail.	04	L3	CO5

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