

BHMCT
(SEM II) THEORY EXAMINATION 2018-19
NUTRITION

Time: 3 Hours**Total Marks: 100****Note: 1.** Attempt all Sections. If require any missing data; then choose suitably.**SECTION A**

- 1. Explain the following in brief. 2x10=20**
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| <p>a) Essential and Non Essential Fatty acids</p> <p>b) Obesity</p> <p>c) Role of HCL in digestion</p> <p>d) Uses of water</p> <p>e) Goiter</p> | <p>f) sources of carbohydrates</p> <p>g) Protein deficiency</p> <p>h) Night Blindness</p> <p>i) Omega 3 Fatty Acid</p> <p>j) Menu Planning</p> |
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SECTION B

- 2. Attempt any two of the following: 10x2=20**
- a) What is Basal Metabolic Index and factors affecting it?
- b) Write the process of absorption in human body.
- c) Explain the factors affecting the nutrient content of a food.
- d) Recommend dietary intakes for the following patients:
cardiac diseases, pellagra, scurvy, osteomalacia, beri-beri.

SECTION C

- 3. Attempt any *one* part of the following: 10x1=10**
- a) What is the significance of proteins in human body?
- b) Explain how excess of carbohydrates is harmful for us.
- 4. Attempt any *one* part of the following: 10x1=10**
- a) What is balanced diet? What points should be kept in mind while planning a healthy diet?
- b) Write down the dietary requirements of an adolescent boy. Plan a day's menu for him.
- 5. Attempt any *one* part of the following: 10x1=10**
- a) Write the role of food in maintaining a healthy body.
- b) Classify Fats and mention its role in human body.
- 6. Attempt any *one* part of the following: 10x1=10**
- a) Write the functions of iodine, calcium, iron, potassium and sulphur.
- b) Write the functions of vitamin A, vitamin C, vitamin B complex
- 7. Attempt any *one* part of the following: 10x1=10**
- a) Classify carbohydrates and explain how it is vital to human body.
- b) What points should be kept in mind by a lactating mother while planning her diet?
- 8. Attempt any *one* part of the following: 10x1=10**
- a) Write in detail about different food groups.
- b) Write the ill effects of Fats in our body. Also mention how a healthy diet is helpful to overcome these effects.