

**BHMCT**  
**(SEMII) THEORY EXAMINATION 2018-19**  
**NUTRITION**

**Time: 3 Hours****Total Marks: 70****Note:** Attempt all Sections. If require any missing data; then choose suitably.**SECTION A**

- 1. Attempt all questions in brief.** **2 x 7 = 14**
- a) Protein Energy Malnutrition
  - b) Recommended Dietary Intake
  - c) Nutrition
  - d) Calorific Value
  - e) Scurvy
  - f) Iodine
  - g) Sources of calcium

**SECTION B**

- 2. Attempt any three of the following:** **7 x 3 = 21**
- a) Give a brief account of all the food groups.
  - b) Explain how cooking affects the nutritive value of foods. Support your answer with suitable examples.
  - c) Why proteins are considered as body building foods?
  - d) Elaborate the significance of vitamins in human body.
  - e) Explain how we can categorize a diet as healthy diet.

**SECTION C**

- 3. Attempt any one part of the following:** **7x1=7**
- a) Elaborate the scope of nutrition and its importance
  - b) What points have to be kept in mind while planning menu for an old age woman.
- 4. Attempt any one part of the following:** **7 x 1 = 7**
- a) Explain why menu planning is important.
  - b) Classify sources of carbohydrates. Also mention the consequences of excess intake of carbohydrates.
- 5. Attempt any one part of the following:** **7 x 1 = 7**
- a) Elaborate the significance of minerals in our diet
  - b) Mention the factors affecting the recommended dietary intake of a person.
- 6. Attempt any one part of the following:** **7x1=7**
- a) What is the role played by food in our body?
  - b) Describe the role played by vitamins in our body.
- 7. Attempt any one part of the following:** **7 x 1 = 7**
- a) Mention the factors affecting menu planning.
  - b) What are different types of fats? Mention the role played by fats in maintaining a healthy body.