

**TILAK MAHARASHTRA VIDYAPEETH, PUNE**  
**M.SC. IN NUTRITION & FOOD SCIENCE**  
**EXAMINATION : NOVEMBER - 2022**  
**FIRST SEMESTER**

**Sub. : Principles of Nutrition (M.Sc. CB-112)**

**Date: 23/11/2022**

**Total marks: 60**

**Time: 10.00 am to 12.30 pm**

**Instructions:**

- 1) All questions are compulsory and carry equal marks.
- 2) Any kind of misconduct is punishable.

**Q. 1 Fill in the right answer**

**(10)**

- 1) -----is a fruit sugar.
  - a) Galactose
  - b) Dextrose
  - c) Fructose
  - d) Glucose
- 2) -----is an essential fatty acids.
  - a) Triglycerides
  - b) Saturated fatty acids
  - c) Omega-3
  - d) All of the above
- 3) Which hormone is responsible for the re-absorption of water from kidneys.
  - a) Angiotensin
  - b) Aldosterone
  - c) Vasopresin (ADH)
  - d) Renin-angiotensin
- 4) -----is known as thirst gland
  - a) Pituitary gland
  - b) Parathyroid gland
  - c) Hypothalamus
  - d) None of the above
- 5) -----is the most active form of vitamin B6 is
  - a) Pyridoxine
  - b) Pyradoxamine
  - c) Pyridoxal phosphate
  - d) None of the above
- 6) -----acts on three target tissues such as kidney, bones and tissues.
  - a) Calcitriol
  - b) Calcidiol
  - c) Tocopherol
  - d) None of the above
- 7) Pellagra is the deficiency of -----vitamin.
  - a) Thiamine
  - b) Riboflavin
  - c) Niacin
  - d) Pyridoxine
- 8) -----Beri-Beri is observed in infants.
  - a) Dry Beri-Beri
  - b) Wet Beri-Beri
  - c) Wernickres-Korsakoff's syndrome
  - d) Shoshin Beri-Beri
- 9) -----is an example of BCAA
  - a) Histamine
  - b) Trypohan
  - c) Leucine
  - d) None of the above
- 10) -----is known as coagulation factor.
  - a) Retinol
  - b) Vitamin K
  - c) Calciferol
  - d) Tocopherol

**Q. 2 Answer the following questions (Any 2)**

**(30)**

- 1 Explain the types functions, sources, deficiency, treatment and RDA of Vitamin (A)
- 2 Explain the classification of carbohydrates with its sources & deficiency
- 3 Effects of cooking on digestibility and nutritive value of foods

**Q. 3 Write Short Note (Any 4)**

**(20)**

- 1 Nitrogen Balance
  - 2 Role of omega-3 fatty acids in CVDs
  - 3 Water & electrolytes
  - 4 Complex Lipids
  - 5 Guidelines for meal planning
  - 6 Functions of vitamin B<sub>12</sub>
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