

10. _____ is an essential amino acid.
- a) Methionin
 - b) Ornithine
 - c) Serine
 - d) Cystein

Q. 2 Answer the following questions (Any 2) (30)

1. Describe in detail types, sources and role of dietary fiber in human nutrition.
2. Describe in detail the ways to improve protein quality of vegetarian diets with appropriate examples.
3. Describe in detail what is BMR and factors affecting BMR.

Q. 3 Write Short Note (Any 4) (20)

1. Factors helping and hindering Fe absorption.
 2. PEM and its types in detail.
 3. Deficiency of Ca and vitamin D
 4. Functions and sources of vitamin A
 5. Nutritional classification of amino acids and explain what are conditionally essential amino acids.
 6. Effect of cooking and processing on availability of nutrients.
-