TILAK MAHARASHTRAVIDYAPEETH, PUNE M.SC. IN NUTRITION & FOOD SCIENCE EXAMINATION : DECEMBER - 2023

FIRST SEMESTER

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

Date: 06/12/2023		Total marks: 6	60 Time: 10.00 am to 12.30 pm		
Instr	uctio				
	1) 2)	All questions are com Any kind of misconde		ual marks.	
Q. 1	Fill i	in the right answer		(10)	
1.	is the active form of vitamin B6.				
	a)	PLP	b)	NAD	
	c)	Pyridoxin	d)	FAD	
2.		required Na for	absorption.		
	a)	Iron	b)	Fatty acid	
	c)	Glucose	d)	All of the above	
3.	is the richest source of Proteins.				
	a)	Peas	b)	Egg	
	c)	Rajgeera	d)	None of them	
4.		is a deficiency disorder of vitamin A.			
	a)	Bitot's spot	b)	Hashimoto's disease	
	c)	Scleroderma	d)	Goiter	
5.		is required for conversion of non heme iron to heme iron.			
	a)	Citrate	b)	gastric acidity	
	c)	Ascorbate	d)	All of the above	
6.		is a hindering factor in Ca absorption.			
	a)	Excess fat	b)	Excess fiber	
	c)	Excess Proteins	d)	All of the above	
7.	Kcal are received from 2 gm of fats.				
	a)	18		10	
	c)	8	d)	None of them	
8.	is the RDA of iron for pregnant woman.				
		28 mg		38 mg	
	c)	30 mg	d)	52 mg	
9.		is a mandatory nutrient which should be supplemented before conception.			
		B12		Ca	
	-	Vit C	d)	Folate	

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.