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M.SC. IN NUTRITION & FOOD SCIENCE
EXAMINATION : APRIL/MAY - 2024
FIRST SEMESTER
Sub. : Principles of Nutrition (M.Sc. CB-112)

Date: 03/05/2024

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 the amount of energy the body requires to sustain life.
a) BMI
b) REE
c) BMR
d) None of them
2. _____ is a chronic Cu toxicity.
a) Menkey's kinky hair syndrome
b) Hashimoto's disease
c) Wilson's disease
d) None of these
3. _____ is a conditionally essential amino acid.
a) Arginine
b) Methionine
c) Cysteine
d) Lysine
4. _____ deficiency manifests in the form of hemolytic anemia.
a) Vit D
b) Vit A
c) Vit E
d) All of them
5. _____ exhibits good quality proteins.
a) Alumethi with roti
b) Peas corn soup
c) Palak pulao with pickle
d) Bhajani methi thalipeeth with dahi
6. _____ increases vitamin B12 content of the food.
a) Germination
b) Fermentation
c) Steaming
d) Soaking
7. Goiter is due to the deficiency of _____.
a) Iron
b) Fluorine
c) Iodin
d) Selenium
8. _____ is required for erythropoiesis.
a) B12
b) Folate
c) Fe
d) All of them
9. _____ is the energy derived from 50 gm proteins.
a) 200 Kcal
b) 225 Kcal
c) 450 Kcal
d) None of these

10. _____ is required for normal reproduction.
- a) Retinal
 - b) Retinoic acid
 - c) Retinol
 - d) None of them

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

1. Functions, sources and deficiency of iron and ways to prevent iron deficiency.
2. Functions, sources and deficiency of vitamin Ca and its role as antioxidant.
3. Importance of folate during pregnancy and RDA of pregnancy.

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

1. Importance of fiber in the prevention of colon cancer
 2. Role of fat in prevention of coronary heart disorders
 3. Functions of Ca
 4. Deficiency of vitamin A
 5. Factors helping and hindering Ca absorption
 6. Megaloblastic anemia
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