

2019

B.Sc.

1st Semester Examination  
NUTRITION (Honours)

Paper - C 1-T

Full Marks : 40

Time : 2 Hours

*The figures in the margin indicate full marks.  
Candidates are required to give their answers  
in their own words as far as practicable.*

1. Answer any five questions of the following :

5×2=10

- (a) Define ergogenic aids with example. 1+1
- (b) Define RDA. How do you formulate RDA ? 1+1
- (c) What do you mean by TEE ?
- (d) What is 'functional food' ?
- (e) Write the functions of soluble dietary fibres.

[ Turn Over ]

- (f) State the sign and symptoms of zinc deficiency.
- (g) What do you mean by antioxidant ? Give an example. 1+1
- (h) Name to immunological factors present in milk. 2

2. Answer any *four* questions from the following :  $4 \times 5$

- (a) What is body composition ? How can you assess it ? What types of devices are available to measure body composition ? 1+2+2
- (b) Discuss briefly the dietary guidelines of RDA with special reference to man and women. 5
- (c) Write the signs and symptoms of malnutrition. What are the long term effects of malnutrition ? 3+2
- (d) Why carbohydrate loading is important during a pregame meal for an athlete ? State the importance of mineral and vitamins in athletic diet ? 1+1
- (e) How does healthy foods give you energy ? Are energy and calories same ? How is energy released from food ? 2+1+2

- (f) Define BMR. How do you measure BMR indirectly. 1+4

3. Answer any *one* question : 1×10

- (a) What are the nutritional needs for an athlete ? Does nutrition affect their performance ? What should be the proper diet recommended for a sprinter — discuss.

What is nutritional rainbow ? Design a healthy eating pyramid for an Indian adult person.

2+1+2+2+3

- (b) What is food hygiene and sanitation ? What are the ways of maintaining food sanitation ? Which types of food are considered as a processed food ? State in short the health risk of processed food. 2+4+2+2
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