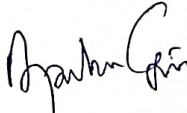




ASSIGNMENT SET-1

MUGBERIA GANGADHAR MAHAVIDYALAYA
DEPARTMENT OF NUTRITION
B.SC HON.(CBCS)
SEMESTER-I
PAPER CODE : -CC1

1. What is nutrition and nutrient ? Classification of nutrients.
2. What is malnutrition? Write the types of malnutrition.
3. Define health.
4. Write the scope and management of clinical nutrition services.
5. What is RDA? Full form of it. Write the formulation of RDA.
6. Write the factor affecting RDA.
7. Define reference man and woman.
8. Write the body composition changes during pregnancy.
9. Write the body composition during adolescence period.
10. What is body composition?
11. Define body fat and fat free mass.
12. Write the factors affecting body composition.
13. What is lean tissues?
14. What is BMR? Write the factor affecting BMR.
15. What is SDA?
16. Write the energy and other nutritional requirement of adult male sedentary worker.
17. What is good nutrition?
18. What is optimum nutrition?
19. What is adequate nutrition?
20. Define sports nutrition.
21. What is Fitness?
22. Classify sports person according to event .


Head
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