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FNH 402

I Semester M.Sc. Degree (CBCS) Examination, December 2018
FOOD SCIENCE AND NUTRITION
Principles of Nutrition

Time : 3 Hours

Max. Marks : 70

1. Write short notes on **any five** of the following (**not exceeding 2 pages each**) :
(5×3=15)
 - a) Body composition.
 - b) Omega fatty acids.
 - c) Essential amino acids.
 - d) PUFA.
 - e) Therapeutic applications of amino acids.
 - f) Deficiency of fats.
 - g) Trends in dietary intake of carbohydrates.
 - h) Energy balance.

2. Write explanatory notes on **any five** of the following (**not exceeding 3 pages**) :
(5×5=25)
 - a) Importance of water and fibres.
 - b) Proximate analysis of food.
 - c) Carbohydrate sources, requirement and deficiency.
 - d) Nitrogen balance.
 - e) Requirement and trends in dietary intake of proteins.
 - f) Trans fatty acids.
 - g) Protein calorie malnutrition.
 - h) Protein quality analysis.

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3. Answer **any three** of the following (**not** exceeding **5** pages **each**) : **(3×10=30)**

- a) What is BMR ? Discuss on the factors affecting BMR.
 - b) Give a detailed account on carbohydrate classification, functions and digestion.
 - c) Explain in detail the functions, absorption and digestion of proteins.
 - d) Discuss on the significance of lipids and fatty acids. Elaborate on the requirement and dietary guidelines.
 - e) Write a detailed note on fat digestion, absorption and assimilation.
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