

Roll No.

Total Pages : 3

7319/N

J-23/2110

ADVANCE NUTRITION-I

Paper-III

Semester-I

Time allowed : 3 Hours] [Maximum Marks : 54

Note : The candidates are required to attempt **two** questions each from Section A and Section B carrying **8** marks each and entire section C is compulsory consisting of **11** short answer type questions of **2** marks each.

SECTION-A

1. Define Nutrition and Nutrients. Discuss the concept of Health and Nutrition in day-to-day life. 8
2. Discuss importance and uses of Food Composition Tables. 8

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3. What are Carbohydrates. Describe the role and importance of Carbohydrates in human nutrition. 8
4. Describe the digestion, absorption and utilization of Carbohydrates in the body. 8

SECTION-B

5. What are Proteins? Describe the classification and sources of Proteins. 8
6. What are Poly Unsaturated Fatty Acids? Discuss the role of lipids in aetiology of Obesity and Coronary Heart Disease. 8
7. Describe the digestion, absorption and utilization of Proteins in the body. 8
8. Explain the following :
 - (i) Sources of fat in diet 3
 - (ii) Requirements of fat 3
 - (iii) Effects of deficiency of fat. 2

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SECTION-C

9. Write short answers : 2×11=22

- (i) Protein Quality
- (ii) Regulatory Nutrients
- (ii) Nutritional Status
- (iv) Specific Dynamic Action
- (v) Importance of Dietary Fibre
- (vi) Lipoproteins
- (vii) Diabetes Mellitus
- (viii) Protein Energy Malnutrition
- (ix) Food Exchange Lists
- (x) Essential Amino Acids
- (xi) Effect of Alcohol on nutrition.