

Roll No.

Total Pages : 4

13013/N**K-17/2111****ADVANCE NUTRITION-I**

Paper-1103T

Semester-I

Time Allowed : 3 Hours] [Maximum Marks : 54

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

SECTION—A

1. Explain the concept of Health and Nutrition. What is the importance of Nutrition in daily life? 8

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2. Emphasize the importance and use of Food Composition Tables in the field of Nutrition. 8
3. Define the Carbohydrates. Explain the functions and importance of Carbohydrates in Human nutrition. 8
4. Explain the following :
 - (a) Dietary Fibre.
 - (b) Starch.
 - (c) Lactose.

SECTION—B

5. What are Proteins? Explain their role as Proteins, Hormones and Enzymes. 8
6. What are Essential Fatty Acids? Discuss the role of fats in Etiology of Obesity and Atherosclerosis. 8

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7. Define the term Protein Quality. What are the methods of assessing Protein Quality? 8
8. Discuss briefly the digestion, absorption and utilization of lipids in Human Body. 8

- (ix) Protein Energy Malnutrition.
- (x) Effects of Protein Deficiency.
- (xi) Visible and Invisible Fats.

SECTION—C

9. Write short notes on the following : 11×2=22
- (i) Food Exchange Lists.
- (ii) Regulatory Nutrients.
- (iii) Essential Amino Acids.
- (iv) Nitrogen Balance.
- (v) Artificial Sweeteners.
- (vi) Lactose Intolerance.
- (vii) Food Guide Pyramid.
- (viii) High Density Lipoproteins.