

**2012**

**FOOD & NUTRITION – GENERAL**

**Second Paper**

**Full Marks – 100**

*Candidates are required to give their answers in their own words as far as practicable*

*The figures in the margin indicate full marks*

Answer **Question No.9** and **any five** from the rest.

1. State the basic differences between animal cell and plant cell. What is lysosome? Why is it called suicidal bag? Write down the functions of Nucleus and Ribosomes. [6+2+3+2 ½ + 2 ½]
2. Classify carbohydrates with examples. What are the functions of carbohydrate in your body? Write the beneficial effects of dietary fibre. [6+6+4]
3. How is protein digested in the human digestive system? How is it absorbed and transported in the body? Name four essential amino acids. [6+6+4]
4. Name two important sources of calcium. Describe the functions of calcium in your body. What are the factors that promote and inhibit the calcium absorption? State the daily requirements of calcium of an adult male and female. [2+6+6+2]
5. What is BMR? Discuss the factors for controlling BMR. Describe a method for calculating the total energy requirement of an adult. [2+6+8]
6. What does the term diarrhoea mean? State the causes of diarrhoea. Write about the dietary management of diarrhoea. [2+6+8]
7. What do you mean by therapeutic diets? Briefly discuss the routine hospital diets. What do you mean by tube feeding? [4+8+4]
8. Write short notes on the following : [4x4]

- (a) Basic five food groups.
- (b) Nutritional requirements of pregnant mother
- (c) Nutritional significance of eggs.
- (d) Nutritional significance of pulses.

9. Answer **any ten** questions from the following : [2x10]

- (a) Name the diseases that occur due to the deficiency of Iron and vitamin C.
- (b) What is biological value of protein?
- (c) Name two factors that promote iron absorption.
- (d) Write the RDA of protein and calorie of a sedentary lactating mother(0-6 months)
- (e) What is pellagra?
- (f) Define obesity.
- (g) Write two functions of vitamin A.
- (h) Name a cell which coagulates blood.
- (i) State two methods for diet survey.
- (j) What is galactagogue?
- (k) Write the composition of packed ORS.
- (l) What are essential fatty acids?
- (m) Write two units of energy.
- (n) Write two important biological functions of water.

=====