

PARUL UNIVERSITY
FACULTY OF APPLIED SCIENCE
B.Sc.-Winter 2018-19 Examination

Semester: 1**Date: 10/12/2018****Subject Code: 11109101****Time: 10:30 am to 1:00 pm****Subject Name: Introduction to Nutrition and Dietetics****Total Marks: 60****Instructions:**

1. All questions are compulsory.
2. Figures to the right indicate full marks.
3. Make suitable assumptions wherever necessary.
4. Start new question on new page.

- Q.1. A) Essay type/ Brief note (4x2) (Each of 04 marks) (08)**
- (a) Short note - Explain the digestion of carbohydrates
 - (b) Explain in brief about 7 basic food groups
- Q.1. B) Answer the following questions (Any two) (04)**
- (a) Short note/ Brief note (2x2) (Each of 02 marks) (04)
 1. Write different values of RDA for calories of Infants, Pregnant women, lactating women.
 2. What is Balance Diet. Give example
 - (b) Write the theory of food pyramid and draw its diagram. (04)
 - (c) Explain functions of protein, fat, vitamins, minerals, carbohydrates and energy (04)
- Q.2. A) Answer the following questions. (04)**
- (a) Brief note & Fill in the blanks. (Each of 02 marks) (04)
 1. Cholesterol is needed to form _____ and _____.
 2. Explain protein sparing action.
 - (b) Describe the functions of calcium (04)
- Q.2. B) Answer the following questions (Any two) (03)**
- (a) Multiple choice questions. (Each of 01 marks) (03)
 1. Lactose Is made up of
 - a) Fructose
 - b) Glucose
 - c) Galactose
 - d) Glucose and galactose
 2. Carbohydrate along with which nutrient provide energy to body
 - a) fat
 - b) protein
 - c) vitamins
 - d) none of the above
 3. Deficiency of EFAs causes
 - a) Dermatitis
 - b) Growth retardation
 - c) Reproductive failures
 - d) All the above
 - (b) Short note - Explain the absorption of carbohydrates. (03)
 - (c) Short note – Sources of vitamins and brief about vitamin C (03)
- Q.3. A) Essay type/ Brief note (4x2) (Each of 04 marks) (08)**
- (a) Causes Iron Deficiency with signs and symptoms of anemia
 - (b) Explain the practical applications of RDA

Q.3. B) Answer the following questions (Any two)

- (a) Short note/ Brief note (Each of 02 marks) **(04)**
1. Signs and symptoms of a DEHYDRATED person
 2. Management of Dehydration.
- (b) Explain different types of fatty acids and their sources along with the functions of essential fatty acids **(04)**
- (c) Short note - functions of the zinc **(04)**

Q.4. A) Answer the following questions.

- (a) Brief note & Fill in the blanks. (Each of 02 marks) **(04)**
1. _____ and _____ are types of vitamins.
 2. Explain food guide pyramid (Figure)
- (b) Short note - Causes of Calcium Deficiency **(04)**

Q.4. B) Answer the following questions (Any two)

- (a) Short note/ Multiple choice questions. (Each of 01 marks) **(03)**
1. Linoleic acid is found mostly in
 - a) Safflower oil
 - b) Corn oil
 - c) Sunflower oil
 - d) All the above
 2. Proteins of cereals and pulses are
 - a) Complete protein
 - b) Incomplete protein
 - c) Partially complete protein
 - d) None of the above
 3. A woman who to get pregnant is generally given supplementation of
 - a) Vitamin C
 - b) Folic acid
 - c) Thiamine
 - d) Niacin
- (b) Short note – Vitamins and role of vitamins **(03)**
- (c) Short note on BMR **(03)**