

- (d) What are amino acids? What are their functions? Explain in detail.
- (e) What are the structural and regulatory functions of proteins? Explain.
- (f) What are the dietary sources of protein? Discuss the effect of deficiency and excess of proteins in human body.
-

Printed Pages : 4



HMCT206

(Following Paper ID and Roll No. to be filled in your Answer Book)

PAPER ID : 174218

Roll No.

--	--	--	--	--	--	--	--	--	--

BHMCT
(SEM. II) THEORY EXAM. 2014-15
NUTRITION

Time : 3 Hours]

[Total Marks : 100

Note : Attempt the questions from each section as indicated.

SECTION - A

Q1. Define any *ten* of the following terms: 2x10=20

- (a) Kilo - calorie
- (b) Obesity
- (c) Monosaccharide

- (d) Bran
- (e) Collagen
- (f) Essential amino acid
- (g) ORS
- (h) Omega -3 fatty acids
- (i) Adipose tissue
- (j) Antioxidant
- (k) Balanced diet
- (l) Demerara sugar

SECTION - B

Q2. Attempt any *five* questions: 6x5=30

- (a) Define the term nutrition. Briefly explain malnutrition and over - nutrition.
- (b) "Food serves a number of functions in our lives".
Comment.

- (c) What is BMR? Explain the factors that affect BMR in an individual.
- (d) What are macro - nutrients? Explain carbohydrates in detail.
- (e) What is the importance of food? Describe its importance.
- (f) Explain RDA and discuss proteins in detail. What are the sources of proteins?

SECTION - C

Q3. Attempt any *five* questions: 10x5=50

- (a) What are carbohydrates? Discuss the effects of excess and deficiency of carbohydrates in human body.
- (b) Explain monosaccharide and polysaccharide with relevant examples.
- (c) Write a note on dietary fiber and its importance.