

- (c) Write a note on dietary fiber and its importance. Why protein is considered as the building block of our body?
- (d) What are amino acids? Also discuss their functions. What are the fat soluble vitamins?
- (e) What are the structural and regulatory functions of protein? Why are fatty acids important for human body?
- (f) What are the dietary sources of protein? Discuss the effect of deficiency and excess.
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Printed Pages : 4



HM121

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

PAPER ID : 174207

Roll No.

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

Time : 3 Hours]

[Total Marks : 100

**Note :** Attempt the question from each section as indicated.

**SECTION - A**

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

- (a) Energy
- (b) Obesity

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

### SECTION - B

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

- (a) Define the term nutrition. Why is nutrition important for human body? Briefly explain malnutrition.

- (b) "Food serves a number of functions in our lives".  
Comment.
- (c) What is BMR? Explain the factors that affect BMR in an individual. What is undernutrition?
- (d) What are macro nutrients? Describe the various nutrients with their deficiency and excess.
- (e) Define health. Throw light on the functions of food and its importance.
- (f) Throw light on RDA. How much of nutrients are recommended?

### SECTION - C

**Q3.** Attempt any *five* questions of the following : 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. Discuss the role of sugar in human body.