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Reg. No. : .....

Code No. : 30576 E Sub. Code : CSZO 32

B.Sc. (CBCS) DEGREE EXAMINATION  
NOVEMBER 2023.

Third Semester

Zoology

Skill Based Core — NUTRITION AND DIETETICS

(For those who joined in July 2021–2022)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer.

1. Excess of glucose gets stored in liver in the form of
- (a) glycogenesis (b) glycolysis  
(c) glucagon (d) glycogen

6. The energy balance in nutrition refers to
- (a) equilibrium rate of reduction  
(b) equilibrium between energy intake and expenditure  
(c) equation of rate of oxidation  
(d) amount of starch in take

7. Goitre occurs in case of
- (a) hyperthyroidism  
(b) hypothyroidism  
(c) cancer of thyroid  
(d) all of the above

8. Cyanocobalamine deficiency is the reason of
- (a) pernicious anaemia  
(b) microcytic anaemia  
(c) macrocytic anaemia  
(d) pellagra

9. A diet containing different types of food and providing adequate amounts of nutrients is called
- (a) nutrition (b) balanced diet  
(c) perfect diet (d) food pyramid

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2. This is a fat-soluble vitamin

- (a) vitamin C  
(b) ascorbic acid  
(c) vitamin A  
(d) B complex vitamins

3. Glycogen synthesis and storage is increased by

- (a) cortisone  
(b) insulin  
(c) GH  
(d) epinephrine

4. Which of the following food item is rich in vitamin C?

- (a) pulses (b) whole grain  
(c) vegetables (d) fruits

5. Which provide the greatest energy value per gram of nutrient?

- (a) protein (b) fat  
(c) carbohydrate (d) water

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10. Excessive intake of calcium in our diet results in
- (a) diarrhoea (b) constipation  
(c) stroke (d) kidney stones

PART B — (5 × 5 = 25 marks)

Answer ALL questions by choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Enumerate the function of water-soluble vitamins.

Or

- (b) Carbohydrate is considered as a macronutrient. Justify.

12. (a) Write about glycolytic pathway of carbohydrate metabolism.

Or

- (b) Explain about the role and importance of fibres in nutrition.

13. (a) Mention about the uses of Bomb calorimeter with neat diagram.

Or

- (b) What are the uses and application of Roth basal metabolic apparatus?

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[P.T.O.]



14. (a) Discuss about any three nutritional diseases.

Or

(b) What are the symptoms and treatment of Kwashiorkor?

15. (a) Give a brief account on gastrointestinal disorders.

Or

(b) What are the causes of hepatitis?

PART C -- (5 × 8 = 40 marks)

Answer ALL questions by choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Distinguish between macronutrients from micronutrients and write about their importance.

Or

(b) Explain about the importance of vitamins and minerals.

17. (a) Discuss about parboiling of rice and elaborate the process and its uses.

Or

(b) Write about the metabolism of lipids.

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18. (a) Explain about the determination of BMR and factors affecting BMR.

Or

(b) Justify the role of direct calorimeter and Benedict methods in determining nutritive value.

19. (a) Distinguish the different nutritional diseases based on their management strategies.

Or

(b) What are causes of nutritional deficiency diseases in India? Explain about the control measures.

20. (a) Give a detailed account of the importance of diet planning and management in preventing Diabetes mellitus.

Or

(b) How can proper diets prevent us from getting non-communicable diseases?

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