

U.G. 2nd Semester Examination - 2021**FOOD & NUTRITION****[HONOURS]****Course Code : F&N-H-CC-T-04****(Physiological Aspects of Nutrition)**

Full Marks : 20

Time : 1 Hour

*The figures in the right-hand margin indicate marks.**Candidates are required to give their answers in their own words as far as practicable.***Answer all the questions.**

1. Answer any **five** questions: 1×5=5
- What is the difference between growth and development?
 - What causes Xerophthalmia?
 - Define BMR.
 - Define Reference man .
 - What is meant by SDA of food?
 - Write one important source of Ca.
 - What is the recommended calorie requirement of adult sedentary Indian man (ICMR guideline)?
 - What is RDA?

[Turn over]

2. Answer any **one** question: 5×1=5
- Write on the dietary source, physiological actions and what happens in the deficiency of iron . 1+2+2
 - Give example of two fat-soluble vitamins.
 - Write on their functions and dietary sources. 1+4
 - Write on the factors that affect RDA.
 - State the factors that affect RDA of protein in diet for an Indian pregnant woman? 3+2
3. Answer any **one** question: 10×1=10
- Describe factors important in meal planning.
 - What is meant by food exchange lists? Explain with examples. 6+4
 - What are macro and micronutrients? Why are they so called? Mention with examples for each.
 - Mention the importances of Iodine, Zinc and Cobalt in diet. 4+6

- c) i) Describe method of energy assessment and energy balance.
- ii) Why is it unhealthy to regularly burn more calories than are earned? 8+2
