

U.G. 6th Semester Examination - 2021

**PHYSIOLOGY**

[HONOURS]

Discipline Specific Elective (DSE)

Course Code : PHYSIOL-H-DSE-T-4

(Human Nutrition and Dietetics)

Full Marks : 40

Time : 2½ Hours

*The figures in the right-hand margin indicate marks.*

*Candidates are required to give their answers in their own words as far as practicable.*

**GROUP-A**

1. Answer any **five** from the following questions:

2×5=10

- a) What is meant by essential amino acids? Give an example.
- b) Define SDA of food.
- c) State the advantages and disadvantages of cooking of food.
- d) Define RQ.
- e) What are calorogenic foods?
- f) What is meant by balanced diet?
- g) Where are the vitamins stored in the body?

[Turn Over]

**GROUP-B**

2. Answer any **two** from the following questions:

5×2=10

- a) Write a note on 'biological value of protein'.
- b) Describe the metabolic changes that occur during starvation.
- c) State the importance of 'dietary fibres'.
- d) Discuss the role of fats in the diet.

**GROUP-C**

3. Answer any **two** from the following questions:

10×2=20

- a) What is BMR? How BMR is determined by Benedict's Roth apparatus? Briefly discuss about the different factors influencing BMR.  
2+4+4=10
- b) What is obesity? What are the causes of obesity? How can obesity be prevented?  
2+4+4=10
- c) Prepare a balanced diet for a normal adult man. Give the importance of various vitamins in the body.  
5+5=10
- d) Write the composition and nutritional importance of milk, egg and wheat.  
4+3+3=10