

B.Sc.(Hons) FNS (Rep) Semester-2 Examination
FNS 121

Basic Nutrition and Nutrients

Time : 2-30 Hours]

April-2024

[Max. Marks : 70

Instructions: Illustrate your answers with neat diagrams wherever necessary.

Q. 1 Write the following

- (i) Define RDA. Explain how RDA takes care of cooking and processing losses? (7 Marks)
- (ii) Define balanced diet. Explain components of balanced diet. (7 Marks)

OR

- (i) Enlist the method of deriving nutrient requirement, explain factorial approach in detail with example. (7 Marks)
- (ii) Make RDA chart for adult female. (7 Marks)

Q.2 Write the following

- (i) Short note on : Digestion & absorption of protein with help of a diagram. (7 Marks)
- (ii) Write brief about Digestion & absorption of carbohydrate. (7 Marks)

OR

- (i) Explain the digestion of fat in stomach, duodenum, and small intestine. (7 Marks)
- (ii) What is SDA? Explain types and factors affecting it. (7 Marks)

Q. 3 Write the following

- (i) Give classification of vitamin D. Describe how it's synthesised & how melanocytes impacts its absorption?. (7 Marks)
- (ii) Mention types of vitamin A. Explain the role of vitamin A in vision. (7 Marks)

OR

- (i) Explain the functions of anti- sterility vitamin & its deficiency in infants. (7 Marks)
- (ii) What are main functions of vitamin K (7 Marks)

Q. 4 Write the following

- (i) Describe the role of zinc; about the problems caused due to its toxicity. (7 Marks)

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- (ii) Write detailed note on dental skeletal fluorosis (7 Marks)

OR

- (i) Explain the functions of iodine, which sources will help, prevent the same. (7 Marks)
(ii) Describe the function of iron. (7 Marks)

Q. 5 Attempt any seven out of twelve

(14 Marks)

- (i) What are lacteals?
(ii) Write main types of lipids.
(iii) Give example of structural proteins.
(iv) RDA 2020 requirement of calcium for sedentary men and women is ?
(v) Mention types of vitamin E.
(vi) Which is the least toxic fat - soluble vitamin in our body?
(vii) Name the vitamin K which is formed synthetically.
(viii) RDA 2020 for men 65kgs and women 55kgs requirement per day is?
(ix) Tyrosinase helps in formation of which pigment?
(x) Define reference man.
(xi) Define reference woman
(xii) List Characteristics of menkes kinky syndrome.

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