

B.Sc. (NEP) Sem.-3 Examination

DSC-C-232

Health and Hygiene

November-2025

Time : 2-00 Hours]

[Max. Marks : 50

Q1. Write in Detail about Vitamins: Absorption, Requirements and effects of deficiency (10)

OR

Q1. (a) List Fat soluble Vitamins and give details about the fat soluble vitamins (05)

Q1. (b) Define Nutrition and give brief relation between nutrition and good health (05)

Q2. What are macro and micro nutrients? Write in detail about the interrelationship between nutrients and water balance. (10)

OR

Q2 (a) Give detailed information on major minerals required for the body. (05)

Q2. (b) Give detailed information on trace elements required for the body (05)

Q3. Write in detail about the carbohydrates: Digestion, Absorption and Metabolism. (10)

OR

Q3. (a) Give detailed insights on functions of proteins (05)

Q3. (b) Give detailed insights on functions of Lipids (05)

Q4. Define enzymes? Write in detail about its classification and factors affecting enzyme action (10)

OR

Q4. (a) Write in detail about the factors affecting BMR (05)

Q4. (b) Write in detail about the Bomb calorimetric method (05)

Q5. Attempt any ten out of twelve (10 marks)

1. State deficiency of biotin
2. Give one difference between macro and micro nutrients
3. State the sources of Vitamin D
4. Name five minerals which acts as cofactors for enzymes
5. Mention the function of Iron
6. Define trace elements
7. What is marasmus?
8. What is full form of PUFA?
9. Give two Functions of Lipids
10. What is BMR?
11. What is specific Dynamic Action
12. Define Energy