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B.Sc. RNLK-/C2T/21

2021

Nutrition (Hons)

[First Semester]

Paper - C2T

Full Marks : 40

Time : 2 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.

Illustrate the answers wherever necessary.

Group-A

1. Answer any five out of the following questions : 5×2=10

- a) What are the daily requirements of dietary fibre for adult man and woman? 2
- b) What do you mean by omega-3-fatty acid and omega-6-fatty acid? 2
- c) Define nutraceuticals. Give one example. 2

(Turn Over)

(2)

- d) What do you mean by Zwitterions? 2
- e) What are simple and conjugated proteins? 2
- f) Define functional foods. Give an example. 2
- g) Which bioactive compounds is/are present in red grapes and oranges? 2
- h) What do you mean by glycemic index? 2

Group - B

2. Answer any four out of the following questions : 4×5=20

- a) (i) Give the general structure of amino acids.
- (i) Give two examples of catalytic proteins (Enzymes) 3+2
- b) Write the role of dietary fibre for prevention of constipation. 5
- c) Write the role of nutraceuticals for prevention of cardiovascular diseases (CVD) and cancer. $2\frac{1}{2}+2\frac{1}{2}$
- d) Discuss the deficiency diseases of iron. 5
- e) “Spices as functional food”–Justify. 5
- f) “Vitamin-D is also hormone” Justify the statement. 5

(3)

Group - C

3. Answer any one (01) out of the following : 1×10=10

- a) (i) Define Biological Value (BV) with formula.
(ii) Write a short note on antioxidant activity of phytochemicals.
(iii) Give two sources each of Omega-3-fatty acids and Omega-6-fatty acids.
(iv) Give two functions of triglycerides. 3+3+2+2
- b) (i) Write the non-skeletal activities of calcium.
(ii) Write about calcium toxicity in human body.
(iii) Interlink Vitamin A and Zinc.
(iv) What is the daily mean requirement of protein for healthy Indian adults according to ICMR-NIN 2020 recommendations? 3+2+3+2