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B.Sc. RNLK-/C1T1/21

2021

**Nutrition (Hons)**

**[First Semester]**

**Paper - C1T1**

*Full Marks : 20*

*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. Write any five of the following questions :  $5 \times 2 = 10$
- What do you mean by Balance nutrition?
  - What do you mean by cross-contamination?
  - What are adequate intake and dietary reference intake.
  - Write any two roles of equipment to maintain food sanitation and hygiene.

*(Turn Over)*

( 2 )

- e. Define S.D.A.
- f) Which amount of energy and calcium require for sedentary man and woman.
- g) What do you mean by thermic effect of food?
- h) Define energy balance?

**Group - B**

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

- a) Write the dietary guidelines according to NIN. 5
- b) Short note : (Attend any two)  $2\frac{1}{2}+2\frac{1}{2}$ 
  - (i) EAR
  - (ii) DRI
  - (iii) EER
- c) Briefly discuss about the role of C. Gopalan and Swaminathan from the view point of Nutrition.
- d) How do you prevent food-borne illness? Discuss the points to be kept in mind by food handlers to maintain personal hygiene. 2+3
- e) Discuss about basic five food groups. 5

( 3 )

- f) What do you mean by reference man and reference women? (1½+1½)+2

**Group-C**

**3. Answer any one of the following questions. 1×10=10**

- a) (i) Define BMR.  
(ii) Write the factors influencing BMR.  
(iii) Write the scope of dietetics. 2+5+3
- b) (i) Write the physiological functions of food.  
(ii) Write the classification of malnutrition with example. 5+5