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B.Sc. RNLK-/GE3T/21

2021

Nutrition (Hons)

[Third Semester]

Paper - GE3T

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.*

1. Answer any **five** from the following questions. **5×2**
- Who is 'Reference Woman'?
 - What do you mean by sieving method?
 - Why is BMR important?
 - What do you mean by SDA of food?
 - Define dietary fibre.
 - Write the full forms of ICDS and MDMP.

(Turn Over)

(2)

g) What do you mean by food exchange list?

h) Define RDA.

2. Answer any four from the following questions. $4 \times 5 = 20$

a) (i) Define health.

(ii) What is mental dimension of health? 1+4

b) (i) Why iron is important in our diet?

(ii) Why nutrition is important in the field of sports?>?

3+2

c) (i) Write the effects of heat on various nutrients.

(ii) What do you mean by microwave cooking? 4+1

d) (i) Briefly describe the dietary guidelines in common for Indians.

(ii) Give the amount of energy, protein and calcium for pregnant mother according to RDA 2020.

$3\frac{1}{2} + 1\frac{1}{2}$

e) (i) Write the physiological functions of calcium.

(ii) Write the nutritive functions of fat. $2\frac{1}{2} + 2\frac{1}{2}$

f) What are the signs and symptoms of Kwashiorkor and Marasmus? $2\frac{1}{2} + 2\frac{1}{2}$

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(Continued)

(3)

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

- a) (i) What are the objectives of ICDS?
(ii) Who are the beneficiaries of ICDS programme?
(iii) Briefly explain the role of ICDS in alleviating malnutrition.
(iv) Write the objectives of MDMP. [2½+1+5+1½]
- b) (i) Write a short note on Vitamin A prophylaxis programme.
(ii) Write the advantage and disadvantage of cooking under high pressure.
(iii) Difference between shallow fat frying and deep fat frying. [2+4+4]

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