

2022

M.Sc.

2nd Semester Examination (CCAЕ)

CLINICAL NUTRITION & DIETETICS

PAPER—204 (CBCS)

BASICS OF NUTRITIONAL AND HEALTH

Full Marks : 50

Time : 2 Hours

The figures in the right-hand margin indicate full marks.

Candidates are required to give their answers in their own words as far as practicable.

Illustrate the answers wherever necessary.

Group-A

Answer any four questions. 4×2

1. Why are fibers important for adult diet, but not in young child?

(Turn Over)

2. What are staple foods?
3. What is meant by trans-fat?
4. Define RDA.
5. What are pharmaceutical foods?
6. What is food guide pyramid?

Group-B

Answer any *four* questions.

4x4

7. What are the key facts for healthy diet as recommended by the WHO?
8. Define the healthy balanced diet.
9. Write short note on PUFA.

10. Write any four important function of food.
11. State the role of nutraceutical on health promotion.
12. Discuss in brief the role of first class protein on health promotion.

Group-C

Answer any *two* questions. 2×8

13. Discuss about the health benefits of vegetables based on their colours.
14. Write the role of Vitamin A on Public health.
15. What is optimum nutrition? Write the source and function of Vitamin A. Discuss the use of RDA.

2+(1+2)+3

16. 'Food sanitatin is important to present food related health hazards.' - Justify the statement.

[Internal Assessment - 10 Marks]
