

**R1320**

**Sub. Code**

**453N11**

**M.A. DEGREE EXAMINATION, APRIL – 2024**

**Tenth Semester**

**Home Science (Specialization – I : Nutrition and  
Dietetics)**

**MACRO AND MICRO NUTRIENTS**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define Dietary fibre.
2. List the components of Energy Expenditure.
3. Define Glycolysis.
4. List any three functions of carbohydrates.
5. Classify of Amino acids.
6. List any two methods to evaluate protein quality.
7. Mention the toxicity of Vitamin E.
8. List the RDA of Vitamin B and C for adult male.
9. What are Macro minerals? Give example.
10. List the sources of selenium and Iodine.

**Part B**

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b)

11. (a) Discuss on Energy value of foods and its determination.

Or

- (b) Write a note on effect of over consumption of fibre.

12. (a) Simplify the classification of carbohydrates.

Or

- (b) Explain the functions and utilization of protein.

13. (a) Explain the biosynthesis of saturated and unsaturated fatty acids.

Or

- (b) Summarize the functions and transport of fats.

14. (a) Simplify the Physiological Functions of Fat.

Or

- (b) Explain the digestion, absorption of water-soluble Vitamins.

15. (a) Discuss on water and Acid base balance

Or

- (b) Write a note on Metabolic Skeletal disorders.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Define Basal Metabolism and enumerate the factors affecting Basal metabolic Rate.
  17. Illustrate TCA cycle and Explain.
  18. Write a detailed note on general pathways of Protein metabolism.
  19. Explain the deficiency disorder of water-soluble vitamins.
  20. Elaborate the physiological functions and deficiency disorders of macro minerals.
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**R1321**

**Sub. Code**

**453N12**

**M.A. DEGREE EXAMINATION, APRIL – 2024**

**Tenth Semester**

**Home Science (Specialization – I : Nutrition and  
Dietetics)**

**NUTRITION THROUGH LIFE CYCLE**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. List any six foods to be included during pregnancy.
2. Mention the stages of gestation.
3. Define gestational diabetes mellitus.
4. What is meant by exclusive breast feeding?
5. Differentiate between growth and development.
6. What is pica?
7. List out any two symptoms of osteoporosis.
8. Name any four-nutrition related problem during old age.
9. What is meant by sports anaemia?
10. List any four nutrition supplements given for athletes.

**Part B**

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b)

11. (a) Discuss the complication that occur during pregnancy

Or

- (b) Give an account on weight gain during pregnancy.

12. (a) Brief a note on physiology of lactation.

Or

- (b) State the advantages of breastfeeding in both mother and Child.

13. (a) Brief on nutritional requirements for pregnant women.

Or

- (b) Explain the points to be considered in planning a packed lunch for a school teacher.

14. (a) List and explain the types of anaemia.

Or

- (b) Write a brief note on degenerative diseases.

15. (a) Discuss the role of carbohydrate loading in athletes.

Or

- (b) Give the dietary guidelines for athletes.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the reason for increased nutrient requirement during pregnancy and give the RDA during pregnancy.
  17. Describe the points to be considered in planning diets for lactating women.
  18. Discuss about adolescent pregnancy and its complications.
  19. Plan a day's diet for 50-year-old diabetic male whose weight is 82 kg and height 165 cm.
  20. Discuss the importance of nutrition in space.
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