

D 141067

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Name.....

Reg. No.....

FOURTH SEMESTER B.VOC. DEGREE EXAMINATION, APRIL 2026

Common Course

A14—NUTRITION AND HEALTH

(2021 Syllabus)

Time : Two Hours and a Half

Maximum : 80 Marks

Section A (Short Answer)*Maximum marks in this Section is 25.**Student can attempt **all** questions.**Each question carries a maximum of 2 marks.*

1. Define optimum nutrition.
2. What is incomplete protein ?
3. What are the important sources of Ascorbic acid ?
4. What are the functions of Riboflavin ?
5. What is open - circuit indirect calorimetry ?
6. Draw the structure of Beta carotene and Vitamin A.
7. What is Calcitonin ?
8. What is the percentage distribution of iron in the body ?
9. Define Siderosis.
10. What is Osteomalacia ?
11. What is Casal's necklace ?
12. What is Haemochromatosis ?
13. What is tocopherol and alpha tocopherol ?
14. What are basic food groups ?
15. What is night blindness ?

(Ceiling of Marks : 25)

Turn over

Section B

Write in Paragraph.

Maximum marks in this Section is 35.

Student can attempt all questions.

Each question carries a maximum of 5 marks.

16. Write about Benedict' oxy Calorimeter.
17. Write the flow chart for role of retinol in the visual cycle.
18. Explain about respiratory quotient.
19. Explain folic acid deficiency during pregnancy.
20. Write the functions of phosphorous.
21. Explain the causes of iron deficiency anaemia in different age groups.
22. Explain the causes of pellagra.
23. How water is distributed in the human body ?

(Ceiling of Marks : 35)

Section C (Essay)

Answer any two questions.

Each question carries a maximum of 10 marks.

24. Explain thiamine deficiency diseases with treatment and prevention.
25. Explain iron deficiency anaemia with aetiology, causes and prevention.
26. Describe the metabolism of carbohydrate.
27. Explain Iodine deficiency disorder in detail.

(2 × 10 = 20 marks)