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B.M.S COLLEGE FOR WOMEN, AUTONOMOUS
BENGALURU – 560004
SEMESTER END EXAMINATION – JANUARY/FEBRUARY 2023

B.Sc. Clinical Nutrition and Dietetics- I Semester

ESSENTIALS OF MACRONUTRIENTS
(NEP Scheme 2021-22 onwards)

Course Code: CND1DSC02
Duration: 2 ½ Hours

QP Code: 1043
Max marks: 60

Instructions: *1. Answer all the sections.*
2. Draw diagrams wherever necessary.

SECTION-A

I. Answer any FOUR of the following. Each question carries TWO marks. (4x2=8)

1. Define PEM.
2. What is resistant starch? Give one example.
3. Write the nutritional classification of proteins.
4. Give the formula to determine glycaemic index.
5. Mention any two biological importance of trans fatty acids.
6. What is invisible fat?

SECTION-B

II. Answer any FOUR of the following. Each question carries FIVE marks. (4x5=20)

7. Give the classification of dietary carbohydrates with examples.
8. Write the physiological significance of dietary fibres.
9. Briefly explain PDCASS.
10. Write a short note on the digestion of proteins.
11. Explain the functions of lipids/fats.
12. How is ω -3 and ω -6 fatty acids useful to the body.

SECTION-C

III. Answer any FOUR of the following. Each question carries EIGHT marks.

(4x8=32)

13. Describe the digestion and metabolism of carbohydrates.
14. i. Explain the recent trends in dietary intake of carbohydrates and their implications.
ii. Discuss the conditions associated with excess intake of carbohydrates.
15. Explain in detail assessment of protein quality under BV and chemical score.
16. Write a short note on Kwashiorkor and Marasmus.
17. Briefly describe MUFA and PUFA functions and deficiencies.
18. i. Write the requirements and sources of fats.
ii. Give the dietary guidelines of fats in the diet.

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