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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**  
**Paper 1: Fundamentals of Nutrition**  
**(NEP Scheme 2021-22 onwards)**

**Course Code: CND1DSC01**

**Duration: 2 ½ Hours**

**QP Code: 1042**

**Max. Marks: 60**

*Instructions: All parts are compulsory*

**PART - A**

**I. Answer any four of the following**

**(4x2=8)**

1. What is therapeutic nutrition.
2. What is kilocalorie in nutrition? How many Joules is equal to one kilocalorie?
3. Mention Harris-Benedict equation for women.
4. What is meant by smoking point of oil?
5. List out any two importance of sprouting.
6. Define specific dynamic action. Give an example for thermogenic food.

**PART - B**

**II Answer any four of the following**

**(4x5=20)**

1. Write a note on my plate.
2. Mention any five dietary guidelines.
3. Define nutritional status. Mention the categories.
4. Explain how the following methods enhance cooking value of food.
  - i) Pressure-cooking
  - ii) Use of fat as a medium of cooking
5. Explain the energy requirements of the body with reference to moderately active adult.

6. Write a note on factors influencing the energy requirement.

### **PART - C**

#### **III. Answer any four of the following**

**(4x8=32)**

1. Explain the methods of energy measurement and expenditure under:

- i. Direct calorimetry
- ii. Indirect calorimetry

2. i. Explain the inter-relationship between food, nutrition, and health.

- ii. What are the physiological, psychological and social factors affecting food intake?

3. Describe the factors affecting the body composition.

4. i. Explain the factors affecting the Basal metabolic rate.

- ii. Give the relationship between basal metabolic rate and physical activity level.

5. Define the following:

- a) Body mass index, b) Diet diversity, c) Daily value, d) Nutrient density

6. Write a note on preliminary preparation of food and give their advantages.

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