

UUCMS No.

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B.M.S COLLEGE FOR WOMEN, AUTONOMOUS
BENGALURU – 560004
SEMESTER END EXAMINATION – MARCH/APRIL- 2023

OPEN ELECTIVE – III Semester

NUTRITION AND HEALTH
(NEP Scheme 2021-22 onwards)

Course Code: BT3OE03

Duration: 2 ½ Hours

QP Code: 3204

Max. Marks: 60

PART- A

I. Answer any FOUR of the following.

(4X2=8)

1. Define Nutrition
2. Name the functional foods
3. Define Vitamins. Name the fat-soluble vitamins
4. Expand BMI and BMR
5. What is steam cooking?
6. Name any two metabolic disorders.

PART-B

II. Write short notes on any FOUR of the following.

(4X5=20)

7. What are Probiotics? Add a note on Probiotic bacteria.
8. Give an account on meal planning and its importance.
9. Explain water balance and mention the functions of water.
10. Briefly explain the sources and importance of fibers in diet.
11. Define Pressure cooking. Write the advantages and disadvantages of pressure cooking.
12. Give an account on cardiovascular disease.

PART-C

III. Answer any FOUR of the following.

(8X4=32)

13. What are food pyramids? Explain the different food groups
14. Add a note on a) Antioxidants b) Prebiotics
15. Explain macro and micro nutrients in detail.
16. Mention the sources, function and deficiency symptoms of Vitamin A and Vitamin D.
17. Discuss any two methods of cooking in detail.
18. Explain the dietary guidelines for Infants and adolescence.

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