

This question paper contains 2 printed pages]

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S. No. of Question Paper : 1527

Unique Paper Code : 107261

E

Name of the Paper : Food, Nutrition and Health [LSPT-203]

Name of the Course : B.Sc. (Prog.) Life Science

Semester : II

Duration : 3 Hours

Maximum Marks : 75

*(Write your Roll No. on the top immediately on receipt of this question paper.)*

Attempt Five questions in all,  
including Q. No. 1 which is compulsory.

1. (a) Define the following terms :

(i) Balanced diet

(ii) Essential amino acids

(iii) Hypoglycemia

(iv) Insulin resistance

(v) Coenzymes.

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(b) Differentiate between the following pairs of terms :

(i) Diabetes mellitus Type I and Type II

(ii) Kwashiorkor and Marasmus

(iii) Primary hypertension and Secondary hypertension

(iv) Essential and non-essential fatty acids

(v) Active smoking and passive smoking

(vi) Globular and fibrous proteins.

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(c) Expand :

(i) BMI

(ii) RDA

P.T.O.

- (iii) PUFA
- (iv) PEM
- (v) HIV 5
- (d) State whether the following statements are True or False :
  - (i) A disorder caused by iodine deficiency is Goitre.
  - (ii) Vitamin D is a water soluble vitamin.
  - (iii) Night blindness is caused by deficiency of vitamin C.
  - (iv) Sucrose is formed by the condensation of Glucose and Fructose
  - (v) Hypoglycemia occurs due to increased sugar levels in the blood. 5
- 2. (a) What are the various factors that cause hypertension ? 5
  - (b) Describe the dietary modifications and lifestyle changes required for the person suffering from hypertension. 7
- 3. Describe the causes, symptoms and treatment of Vitamin A deficiency disorders. 12
- 4. (a) What is obesity ? Describe the different causes of obesity. 7
  - (b) Give the dietary modifications for an obese individual. 5
- 5. What are the nutritional needs and dietary patterns for the following groups :
  - (a) School age children 6
  - (b) Pregnant and nursing mothers. 6
- 6. (a) Give the classification of proteins along with their characteristics. 6
  - (b) Describe various types of lipids with examples. 6
- 7. Write short notes on any three :
  - (i) Food adulteration
  - (ii) Drug dependence
  - (iii) Food pyramid
  - (iv) Protein energy malnutrition
  - (v) Methods of water purification
  - (vi) Acquired Immunodeficiency Syndrome (AIDS). 4+4+4