

Name:	 UPES UNIVERSITY WITH A PURPOSE
Enrolment No:	

UNIVERSITY OF PETROLEUM AND ENERGY STUDIES
Online End Semester Examination, May 2020

Course: Food and Nutrition
Program: B.Sc LLB
Course Code: CLNL2029P

Semester: IIIrd
Time 03 hrs.
Max. Marks: 100

SECTION A

- 1. Each Question will carry 5 Marks**
- 2. Instruction: Complete the statement / Select the correct answer(s)**

S. No.	Question	CO
Q 1	Define the term nutrition and health	CO1
Q2	Define nutritional status and malnutrition	CO2
Q3	What is RDA? Discuss the factors affecting RDA of any individual.	CO3
Q4	Name any eight essential amino acids necessary for human nutrition and their role. —	CO2
Q5	Explain reference man and reference woman according to RDA prescribed by ICMR.	CO1
Q6	Which vitamin deficiency causes the following diseases: (i) Keratomalacia (ii) Pellagra (iii) Rickets (iv) Scurvy (v) Goitre	CO5

SECTION B

- 1. Each question will carry 10 marks**
- 2. Instruction: Write short / brief notes**

Q 7	What are the basic food groups according to ICMR? Explain the concept of balanced diet.	CO1

Q 8	What is BMR? Discuss the factors affecting Basal Metabolic Rate	CO3
Q 9	What are macro minerals? Explain function and sources of any four macro minerals.	CO4
Q 10	Elaborate the role of lipids in human body. How are they digested and absorbed in human body	CO3
Q 11	Explain the functions and sources of vitamins in maintaining human health.	CO5
Section C		
1. Each Question carries 20 Marks. 2. Instruction: Write long answer.		
Q12	Classify carbohydrates with examples. How are the carbohydrates digested and absorbed in human body. Or Explain the nutritional classification of proteins. Describe the process of digestion and absorption of proteins in human body.	CO2