



Name:

Enrolment No:

UNIVERSITY OF PETROLEUM AND ENERGY STUDIES
End Semester Examination, December 2019

Course: Principles of Nutrition-I
Program: B.Sc (Food, Nutrition and Dietetics)
Course Code: HSCC1001

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

Instructions: Read the question paper carefully. Section A all questions are compulsory, Section B first 3 Questions are compulsory and Question 4 has an internal choice to attempt any one. Section C Question 1 is compulsory and Question 2 has an internal choice to attempt any one.

SECTION A

S. No.		Marks	CO
Q 1	Explain Nutrition and Health in brief.	4	CO1
Q 2	What is the difference between glycaemic load and glycaemic index.	4	CO2
Q 3	Name any eight essential amino acids necessary for human nutrition.	4	CO3
Q 4	What is the calcium and iron requirement for: (i) A boy of age 13-15 years (ii) A girl of age 13-15 years	4	CO4
Q 5	Which vitamin deficiency causes the following diseases: (i) Keratomalacia (ii) Pellagra (iii) Rickets (iv) Scurvy	4	CO4

SECTION B

Q 1	Explain the significance of RDA. Mention the practical applications of RDA.	10	CO1
Q 2	Explain the working principle of bomb calorimeter with the help of a suitable diagram.	10	CO2
Q 3	Discuss the role of different hormones in maintaining normal blood sugar levels.	10	CO3
Q 4	a. Explain the nutritional classification of proteins. Describe the process of digestion and absorption of proteins in human body. OR b. Classify lipids and elaborate the role of lipids in human body. How are they digested and absorbed in human body.	10	CO3

SECTION-C

Q 1	Discuss the requirement and sources of water soluble vitamins for health and nutrition. Explain the functions of various water soluble vitamins. Mention the diseases caused by their deficiency.	20	CO4
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Q 2	a. Discuss functions, requirement, sources and effects of deficiency of macro minerals OR b. Discuss functions, requirement, sources and effects of deficiency of any four micro minerals.	20	CO4