

20000219



20000219

Reg. No.....

Name.....

M.Sc. (BIOCHEMISTRY) DEGREE [C.S.S.] EXAMINATION, MAY 2020

Fourth Semester

BC4M004PE3—NUTRITION, HEALTH AND LIFE STYLE DISEASES

(2012 Admission onwards)

Time : Three Hours

Maximum Weight : 30

Part A (Short Answer Questions)

Answer any five of the following.

Weight 1 each.

1. What is BMI ? How is it calculated ?
2. Give examples of fat substitutes and list their advantages and disadvantages.
3. What is the function of water in the diet ?
4. What are the causes and consequences of childhood obesity ?
5. "Fructose is more harmful than glucose to a diabetic". Comment.
6. Is cholesterol the cause of heart diseases ? Give reasons for your answer.
7. What are gall stones ? How are they formed ?
8. What are the consequences of HIV infection ?

(5 × 1 = 5)

Part B (Short Essay/Problem Solving Type)

Answer any five of the following.

Weight 2 each.

9. What should a healthy diet contain ? Explain.
10. What are Kwashiorkor and Marasmus ? Explain.
11. What is Dietary fiber ? What is the role of dietary fiber in nutrition ?
12. What are the dietary sources, and deficiency disorders of Vitamin A ?
13. What is "metabolic syndrome" ? How is it caused? What are the consequences ?
14. What are the special nutritional requirements during pregnancy and lactation ?

Turn over





20000219

15. What is BMR ? How is it measured ? What are the factors that affect BMR ?
16. What is the role of antioxidants and phytochemicals in human health ?

(5 × 2 = 10)

Part C (Long Essay Type)

Answer any three of the following in detail.

Weight 5 each.

17. What is obesity ? How is it classified ? Explain the mechanisms that lead to obesity. How is obesity treated ?
18. Discuss the nutritional importance of calcium and iron. Add a note on their deficiency disorders.
19. Describe the digestion and absorption of fats. How are short chain and long chain fatty acids transported after they are absorbed ?
20. What is atherosclerosis ? How does it develop ? What is the role of fat in heart diseases ?
21. What is Hepatitis ? How is it caused ? Comment on alcoholic and non-alcoholic fatty liver.
22. Give an account of the etiology, causes and treatment of cancer.

(3 × 5 = 15)

