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GIET UNIVERSITY, GUNUPUR – 765022
 B. Tech (Fifth Semester – Regular) Examinations, December – 2022
BHSBS5070 – Dietetics and Nutrition
 (Common to all Branches)

Time: 3 hrs

Maximum: 70 Marks

Answer ALL Questions

The figures in the right hand margin indicate marks.

PART – A: (Multiple Choice Questions)

(1 x 10 = 10 Marks)

Q.1. Answer ALL questions

[CO#] [PO#]

a. Match the following

Nutrition	Food source
A. Carbohydrate	1. Meat, Egg, Legumes
B. Protein	2. Oil, Butter, Ghee
C. Fat	3. Fruits, Vegetables
D. Mineral	4. Rice, Potato

CO1 PO1

(i) A-1, B-2, C-3, D-4

(ii) A-2, B-1, C-4, D-3

(iii) A-4, B-1, C-2, D-3

(iv) A-4, B-3, C-1, D-2

b. The last part of small intestine is called

CO1 PO1

(i) Bile

(ii) Duodenum

(iii) jejunum

(iv) ileum

c. The most often used carbohydrates is

CO1 PO1

(i) Glucose

(ii) Magnesium

(iii) Hydrocarbons

(iv) Potassium

d. The disease caused in adults because of deficiency of Vitamin - D

CO2 PO1

(i) Hemophilia

(ii) Tuberculosis

(iii) Osteoporosis

(iv) Osteomalacia

e. The sources of soluble dietary fiber include

CO2 PO1

(i) Beans and oats

(ii) Barley

(iii) Vegetables and fruits

(iv) All of the above

f. The over eating or excess intake of nutrients is called as -

CO2 PO1

(i) Over nutrition only

(ii) Malnutrition only

(iii) Saturated nutrition

(iv) Over nutrition and malnutrition

g. The mineral which is necessary for blood clotting and maintenance of teeth and bones is

CO3 PO1

(i) Iodine

(ii) Calcium

(iii) Copper

(iv) Chromium

h. Night-blindness is caused by the deficiency of _____

CO3 PO1

(i) Vitamin C

(ii) Vitamin B

(iii) Vitamin A

(iv) Vitamin D

i. The WHO stands for _____

CO4 PO1

(i) Will Health Ordinance

(ii) World Healing Ordinance

(iii) World Health Organization

(iv) World Health Obese

j. The table d’hote is a :

CO4 PO1

(i) Meal comprising of main dish and a sweet

(ii) Set menu, sold at an inclusive price

(iii) Sequence of dishes in a category

(iv) List of all the available dishes

PART – B: (Short Answer Questions)**(2 x 10 = 20 Marks)**Q.2. Answer ALL questions

	[CO#]	[PO#]
a. What is importance of balanced diet?	CO1	PO1
b. What is nutrition and nutrients?	CO1	PO1
c. What is BMI and how to calculate the BMI?	CO1	PO1
d. What is SDA?	CO2	PO1
e. What is peptide bond?	CO2	PO1
f. What is trans-fat?	CO2	PO1
g. What are fat soluble vitamins?	CO3	PO1
h. What is Tocopherol?	CO3	PO1
i. What is metabolism?	CO4	PO1
j. What is Table d' hôte?	CO4	PO1

PART – C: (Long Answer Questions)**(10 x 4 = 40 Marks)**Answer ALL questions

	Marks	[CO#]	[PO#]
3. a. What are the five basic food groups and what nutrients does it contribute to diet?	5	CO1	PO1
b. Elaborate about different type of Nutrition? Explain with examples.	5	CO1	PO2
(OR)			
c. Write about physiological, psychological and sociocultural significance of food	5	CO1	PO1
d. Calculate the BMI of a person with height is 1.64 m and weighs 85 kg. So should he ignore or check on his calorie's intake?	5	CO1	PO2
4. a. Elaborate about carbohydrate and classify them and mention about the function of carbohydrates?	5	CO2	PO2
b. What is SDA and how proteins provide highest SDA?	5	CO2	PO1
(OR)			
c. Which the only animal source of carbohydrate? And why is it essential for the body. Explain about it in details	5	CO2	PO2
d. Rupesh had Idli as breakfast that provides 65 gm of carbohydrate, 18gm of protein and 12 gm of fat. Then calculate the number of calories and percentage of energy intake from carbohydrate, fat and protein	5	CO2	PO2
5. a. What are minerals? Name the Major and Minor or Trace Elements. Discuss the function of the minerals in the body	5	CO3	PO2
b. Briefly describe about different vitamins, classify them and mention about their functions?	5	CO3	PO1
(OR)			
c. Differentiate between water soluble and fat soluble vitamins.	5	CO3	PO1
d. Write Notes on: Vitamin A	5	CO3	PO2
1. Vitamin K			
6. a. Digestion begins in mouth. Elaborate about various gastric juices responsible for digestion?	5	CO4	PO1
b. What is Menu? And significance of menu planning?	5	CO4	PO2
(OR)			
c. Explain how digestion is important for living organisms?	5	CO4	PO1
d. Significance of menu planning in various organisations?	5	CO4	PO2

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