



III Semester UG Courses Degree Examination, April/May 2023  
(NEP Scheme)  
BIOTECHNOLOGY (Open Elective)  
Nutrition and Health

Time : 2½ Hours

Max. Marks : 60

SECTION – A

- I. Answer the following : (5×2=10)
- 1) Classify the food based on composition.
  - 2) What are antioxidants ?
  - 3) What are carbohydrates ?
  - 4) Define food.
  - 5) Vitamin B is present in \_\_\_\_\_

SECTION – B

- II. Answer **any four** of the following : (4×5=20)
- 6) Explain the principle of diet planning.
  - 7) Give an account on body mass index.
  - 8) What are macronutrients ? Give examples.
  - 9) Enumerate the characteristics features of RDA.
  - 10) What is the best method of cooking that preserve nutrients ?

SECTION – C

- III. Answer **any three** of the following : (3×10=30)
- 11) What is the diet plan for a diabetic patient ?
  - 12) Define vitamins and how are they classified ?
  - 13) Define anemia. Add a note on source, symptoms and preventing anemia.
  - 14) Explain the following :
    - a) Diabetes
    - b) Dietary guidelines for lactating women.
  - 15) What are carbohydrates ? Add a note on its classification.
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