

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0321]

MARCH 2021

Sub. Code: 1823

(AUGUST 2020 EXAM SESSION)

DIPLOMA IN HEALTH CARE AIDE

FIRST YEAR (Regulation 2016-2017)

PAPER III – NUTRITION AND BIOCHEMISTRY

Q.P. Code : 841823

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Discuss the functions of proteins.
2. Discuss the nutritional needs for old people.
3. Explain in detail the methods of cooking.

II. Write notes on:

(10 x 5 = 50)

1. Classification of fatty acids.
2. Functions of Iron.
3. Precautions in preparation of food.
4. Functions of vitamin A.
5. Factors affecting the meal planning.
6. Prepare a low cost menu for an adult man.
7. Storage of non-perishable foods.
8. Effect of food preparation on proteins & fats.
9. Methods of improving an ill-balanced diet.
10. Substitutes for non-vegetarian foods.

III. Short answers on:

(10 x 2 = 20)

1. Balanced diet.
2. Name some millet.
3. Classify minerals.
4. Iron-rich foods.
5. Keratomalacia.
6. Sources of calcium.
7. Calorific value of 1 gram of carbohydrate and fat.
8. Classify proteins.
9. Obesity.
10. Sources of fibre.
