

[LO 1521]

MAY 2019

Sub. Code: 1521

**THIRD B.N.Y.S. DEGREE EXAMINATION**  
**PAPER VI – NUTRITION AND HERBOLOGY**

*Q.P. Code : 821521*

**Time: Three Hours**

**Maximum : 100 Marks**

**Answer All questions**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Elaborate in detail about nutritional deficiency diseases, preventive and curative approach.
2. Give a detailed account on dietary fibre – its type, composition, sources, mechanism of action, indications, contraindications and RDA.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Nutritional requirements in pregnancy and lactation.
2. Body composition in relation to nutrition.
3. Importance of green leafy vegetables.
4. Sprouting and its advantages.
5. Omega 6 and omega 3 fatty acids.
6. Benefits of water intake and its intoxication.
7. Anthropometry measurements.
8. Vitamin B<sub>12</sub> and its functions.
9. Antioxidants and its importance.
10. Food adulteration and its control measures.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Define nutrition and its type.
2. Classify food groups.
3. Sodium.
4. Emblica officinalis.
5. Nutritive value of brown rice.
6. Importance of chromium.
7. Essential amino acids.
8. Geriatric nutrition.
9. Iron and its RDA.
10. Regulation of food intake.

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