

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

**[AHS 1122]**

**NOVEMBER 2022**

**Sub. Code: 3001**

**B.Sc. CLINICAL NUTRITION  
FIRST YEAR (Regulation 2018-2019)  
PAPER I – BASIC NUTRITION  
Q.P NO. 803001**

**Time: Three Hours**

**Answer All questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(3X10=30)**

1. Describe the role of nutrition in fitness, athletics and sports.
2. Classify carbohydrates and describe its storage, sources and functions.
3. Elaborate on food sanitation in hygiene.

**II. Write notes on:**

**(8x5=40)**

1. How are nutrition and health inter-related?
2. Explain the role of dietary fiber in health.
3. Brief about protein deficiency.
4. Iron-sources, functions and deficiency.
5. Write about functions, sources, bioavailability and deficiency of  
a) Sodium b) Potassium.
6. Elaborate on functions of fat-soluble vitamins.
7. Brief about Standardization of recipe.
8. Water deficiency.

**III. Short answers on:**

**(10x3=30)**

1. Define optimum and good nutrition.
2. Define nutrients and energy.
3. What is Recommended Dietary Allowance of calcium for pregnant and lactating women?
4. Sources of unsaturated fatty acids.
5. List out the non-essential amino acids.
6. Name five basic food groups.
7. Name the different cooking methods.
8. Processed supplementary foods.
9. What are the different cuts of meat?
10. Functions of fats and oils.

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