

S.No. : 02

BHM 2206

No. of Printed Pages : 03

Following Paper ID and Roll No. to be filled in your Answer Book.

PAPER ID : 26112

Roll
No.

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BHMCT Examination 2021-22

(Even Semester)

NUTRITION

Time : Three Hours]

[Maximum Marks : 60

Note :- Attempt all questions.

SECTION - A

1. Explain the following :

8×1=8

- (a) Nutrition
- (b) Energy
- (c) Metabolism
- (d) Digestion
- (e) Absorption

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- (f) Carbohydrates
- (g) Protein
- (h) Minerals

SECTION – B

2. Attempt any two parts of the following : $2 \times 6 = 12$
- (a) Explain the role of food in our body.
 - (b) Describe the various food groups.
 - (c) What is the concept of a balanced diet?
 - (d) What are the functions of food and factors affecting food intake?

SECTION – C

Note :- Attempt all questions from this section.

3. Attempt any two parts of the following : $5 \times 2 = 10$
- (a) Importance of water in human body.
 - (b) Plan a 7 course vegetarian menu for an upcoming dinner for a social function keeping in mind nutrition and balanced diet.
 - (c) Explain the role of protein in our body.

4. Attempt any two parts of the following : $5 \times 2 = 10$
- (a) Explain the digestion process in humans.
 - (b) Classify carbohydrates and briefly explain about their various sources.
 - (c) Briefly explain the functions of water soluble vitamins.
5. Attempt any two parts of the following : $5 \times 2 = 10$
- (a) Explain the role of fats in our body and highlight the consequences of excessive intake.
 - (b) What is the energy requirement of our body for efficient metabolism?
 - (c) Describe the process of digestion and absorption of food in human body.
6. Attempt any two parts of the following : $5 \times 2 = 10$
- (a) What are the suggested food intake for diabetic's and why?
 - (b) Explain the role of Vit. A and Vit. D in our body.
 - (c) Write short notes on Protein Energy Malnutrition (PEM).