

2021

PHYSIOLOGY — HONOURS

Paper : CC-10

(Nutrition and Dietetics Public Health)

Full Marks : 50

The figures in the margin indicate full marks.

*Candidates are required to give their answers in their own words
as far as practicable.*

Group - A

1. Answer **any five** questions : 2×5
- (a) What are the sources of cyanocobalamin?
 - (b) What is adult consumption unit?
 - (c) What do you mean by protein spasers? Give examples.
 - (d) What is supplementary value of protein?
 - (e) What is protein efficiency ratio?
 - (f) What is respiratory quotient? Mention R.Q. of carbohydrate and fat.
 - (g) Mention the food sources of iodine and fluoride.
 - (h) Name the vitamins synthesized in human body.
 - (i) State the metabolic functions of niacin.
 - (j) Why should consumption of raw eggs be avoided?

Group - B

2. Write short notes on (**any two**) : 5×2
- (a) Deficiency symptoms of vitamin A
 - (b) Antivitamins
 - (c) Physiological functions of iron
 - (d) Physiological significance of inositol
 - (e) Dietary fibre.

Group - C

3. Answer **any three** questions from the followings : 3+3+4
- (a) (i) What are the energy dependent vitamins?
 - (ii) Mention their requirement in relation to requirement of energy.
 - (iii) Describe the physiological functions of any one of these.

Please Turn Over

- (b) (i) Write about the dietary sources of zinc.
(ii) Describe the physiological functions of iodine and fluoride.
(iii) Write down the biological function of phosphate. 2+(3+3)+2
- (c) (i) What is basal metabolic rate?
(ii) How the B.M.R. is determined by closed circuit device?
(iii) Write about any three factors which affect B.M.R. 2+5+3
- (d) (i) Write about the determination of energy requirement of an adult.
(ii) What is the dietary requirement of protein for an adult man and woman?
(iii) What is the biological value of protein? 6+2+2
- (e) (i) Write about the principles of formulating a balanced diet for a pregnant and lactating woman.
(ii) What do you mean by negative nitrogen balance? (4+4)+2
- (f) (i) Explain the role of ascorbic acid as an antioxidant and in collagen synthesis.
(ii) Add a note on scurvy. (3+3)+4
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