

2023
Sem-2

Roll No. _____

M.Sc. Nutrition and Dietetics
II Semester Examination 2023
MDNCC- 203 Human Nutrition Requirements

Time: 3 hours

Max. Marks: 60

Attempt all the questions. Marks are mentioned against each question

Q 1. Define the following **2 each (2 x 5 = 10)**

1. Kcal and Joule (CO1,PO1)
2. RDA and EAR (CO1,PO1)
3. Dietary Fiber (CO1,PO1)
4. Glycemic Index (CO2,PO2)
5. Protein Quality (CO2,PO1)

Q 2. Answer any five of the following **(4 x 5 = 20)**

1. Write RDA for following for 10-18 years of boys and girls (CO3,PO5)
 - a. Iron
 - b. Zinc
 - c. Calcium
 - d. Vitamin D
2. Short note on energy requirements for pregnant and lactating women (CO3,PO5)
3. Short note on protein requirement for children and adults (CO3,PO5)
4. Write short note on Quality of Fat (CO4,PO5)
5. Write short note on nutritional and health significance of dietary fibre (CO4,PO5)
6. Write functions of following Minerals: (CO1,PO1)
 - a. Calcium
 - b. Sodium

Q 3. Answer any three of the following **(5 x 3 = 15)**

1. What are the analytical methods for the determination of nitrogen and amino acids in foods? (CO3, PO5)
2. What are the traditional methods used for protein quality assessment? (CO3, PO5)
3. Write functions, sources, and deficiency of any two-water soluble and two fat soluble vitamin requirements? (CO1, PO1)
4. Write general principle for driving human nutrient requirements. (CO1, PO1)

Q4. Answer any two of the following **(7.5 x 2 = 15)**

1. Explain the concept of Growth Reference and how can we assess Human Growth? (CO3, PO5)
2. Explain the concept of National Nutritional Survey and its evaluation methods in India? (CO2, PO8)
3. Give the overview of various methods of nutritional assessment methods? (CO1,PO1)