



**WEST BENGAL STATE UNIVERSITY**  
B.Sc. Honours 1st Semester Examination, 2021-22

**FNTACOR01T-FOOD AND NUTRITION (CC1)**

**HUMAN NUTRITION**

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.  
Candidates should answer in their own words and adhere to the word limit as practicable.*

**Answer any four questions from the following**

10×4 = 40

1. What is BMR? How can it be determined? Discuss the factor which increases BMR. 2+4+4
2. Define RDA. What is the RDA for energy and protein for a female school teacher? Explain the factors affecting RDA. What are the different components of energy expenditure? 2+2+4+2
3. What is solar cooking? Mention the principle of solar cooking. Explain the pros and cons of using microwave for cooking. What is braising? 2+2+(2+2)+2
4. Distinguish between soluble and insoluble fibre. Elaborate the nutritional significance of dietary fibre. Write a short note on effects of too high and too low intake of dietary fibre. 2+4+4
5. What do you mean by antirachitic vitamin? Compare the clinical features that are common in deficiency of this vitamin in children and adult. Mention the factors affecting the absorption of calcium in our body. 2+4+4
6. Discuss in brief about the inter-relationship of calcium, vitamin-D and parathormone. State two rich sources of zinc. Write a short note on the toxic effects of excess vitamin-A consumption. 4+2+4
7. What is physiological fuel value? How is it different from gross fuel values? How is direct colorimetry differ from indirect colorimetry? Describe the relationship between food, nutrition, health and disease. 2+2+2+4

8. Describe the process of digestion and absorption of fat in GI tract. Mention the names of two saccharolytic enzyme. Write a short note on absorption of protein. (3+3)+2+2
9. What are the differences between boiling and steaming? What is balanced diet? What do you understand by Reference Woman? Define energy balance. What do you mean by SDA? 2+2+2+2+2

**N.B. :** *Students have to complete submission of their Answer Scripts through E-mail / Whatsapp to their own respective colleges on the same day / date of examination within 1 hour after end of exam. University / College authorities will not be held responsible for wrong submission (at in proper address). Students are strongly advised not to submit multiple copies of the same answer script.*

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