



- c) Vitamin-B12  
 (ix) Write the name of vitamin which deficiency causes ricket.  
 a) Vitami-B1  
 c) Vitamin-K  
 (x) Identify the major nutrients found in our food.  
 a) Carbohydrates  
 c) Boron  
 (xi) Identify the following food component which is required for the growth and maintenance of the human body-  
 a) Carbohydrates  
 c) Fat  
 (xii) Foods from the meat, poultry, fish dry beans, eggs and nuts group are an important source of \_\_\_\_\_  
 a) Iron  
 c) Beta Carotene  
 (xiii) Milk, cheese and eggs are the sources of----- group of element.  
 a) Vitamin C and A  
 c) Vitamin C and D  
 (xiv) In severe cases of PEM, the size of the eyeballs are reported as-  
 a) They become smaller (microphthalmia).  
 c) They remain unchanged.  
 (xv) Describe the role of vitamin A for maintaining eye health.  
 a) It strengthens the eye muscles.  
 c) It regulates the production of tears.
- d) Vitamin-C  
 b) Vitamin-D  
 d) Vitamin-E  
 b) Vitamin  
 d) Carbon  
 b) Protein  
 d) Minerals  
 b) Fiber  
 d) Calcium  
 b) Vitamin A and D  
 d) Vitamin B and C  
 b) They become larger (buphthalmia).  
 d) They become elongated.  
 b) It helps maintain the clarity of the cornea.  
 d) It enhances the color perception of the retina.

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**Group-B**  
 (Short Answer Type Questions)

3 x 5=15

2. Describe the assessment of nutritional status in the context of healthcare and nutrition. (3)
3. Identify the best vitamin for eyes. (3)
4. Define essential amino acids. (3)
5. Discuss about the function of antioxidants for eyes. (3)
6. A person's age is 35 years. height is 154cm. Weight is 85 kg. Measure the BMI of that person. (3)

**OR**

- Compare the protein sources in a vegetarian balanced diet with those in a non-vegetarian balanced diet. (3)

**Group-C**  
 (Long Answer Type Questions)

5 x 6=30

7. Differentiate between incomplete proteins and complete proteins. (5)
8. Discuss the differences in protein quality and amino acid composition between plant-based sources and animal-based sources. Classify these sources in terms of their capacity to meet essential amino acid requirements. (5)
9. classify essential fatty acids into their main categories and provide examples. (5)
10. Differentiate between saturated, monounsaturated, and polyunsaturated fats. (5)
11. Write how to digest fat in our body? (5)
12. A 45-year-old male presents with chest discomfort and mild shortness of breath. He has a history of smoking (20 years) and a sedentary lifestyle .His lipid profile shows LDL 225 mg/dl, cholesterol 220 mg/dl and HDL 12. Correlate the result with clinical diagnosis. (5)

**OR**

Develop a comprehensive dietary plan for an athlete that maximizes protein digestion and (5) absorption to support muscle growth and recovery.

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