



## **BRAINWARE UNIVERSITY**

Term End Examination 2022
Programme – B.Optometry-2022
Course Name – Nutrition
Course Code - BOPTOC104
( Semester I )

Full Marks : 60 Time : 2:30 Hours

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

## **Group-A**

(Multiple Choice Type Question) 1 x 15=15

 ${\bf 1.} \quad \textit{Choose the correct alternative from the following:} \\$ 

c) Nerve conduction

(x) Select the food component which produces amino acids.

(i)	Name the major nutrients in our food.		
	a) Carbohydrates	b) Vitamin	
	c) Boron	d) Carbon	
(ii)	Name the food components which does not provide any energy.		
	a) Milk	b) Water	
	c) Fruit Juice	d) Vegetable soup	
(iii)	Identify the richest source of potatoes, cereals,	and oats is	
	a) Proteins	b) Vitamins	
	c) Minerals	d) Carbohydrates	
(iv)	Identify the fat-soluble vitamins.		
	a) vitamin B	b) vitamin E	
	c) vitamin C	d) vitamin B2	
(v)	Write the full form of RDA.		
	a) Retired dietary allowances	b) Recommended dairy allowances	
	c) Recommended daily allowances	d) Recommended dietary allowances	
(vi)	Write the full form of BMR?	•	
	a) Body Meter Rate	b) Body Metabolic Rate	
	c) Basal Metabolic Rate	d) Basal Meter Rate	
(vii)	Identify the saturated fatty acid.	•	
	a) Linoleic acid	b) Erucic acid	
	c) Palmitic acid	d) Oleic acid	
(viii	Write the function of coronary artery.	,	
	a) to carry blood away from the heart muscles	b) to supply blood to heart muscles	
	c) to supply blood to all parts of the body	d) none of these	
(ix)	Select the function of calcium.		
. ,	a) Muscle contraction	b) Blood coagulation	
	a, massic contraction	D, Dioda coagaiation	

d) All of the above

a) Carbohydrate	b) Protein d) Vitamin		
c) Fat d) Vitamin (xi) Write the name of vitamin which is necessary for blood clotting.			
a) Vitamin-D	b) Vitamin-C		
c) Vitamin-K	d) Vitamin-E		
(xii) Write the name of simplest amino	•		
a) Glycine	b) Alanine		
c) Asparagine	d) Tyrosine		
(xiii) Identify the complication against v	vhich antioxidants are useful.		
a) Bacteria	b) Viruses		
c) Free radicals	d) None of the above		
(xiv) Identify the minimum number of o	carbon atoms for used in carbohydrate		
a) 2	b) 5		
c) 4	d) 6		
(xv) Select the name of vitamin which	deficiency causes Xerophthalmia.		
a) Vitamin-A	b) Vitami-D		
c) Vitamin-C	d) Vitamin-K		
	Group-B		
(Sho	ort Answer Type Questions)	3 x 5=15	
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2. Discuss Anthropometry.		(3)	
3. Discuss about food pyramid.		(3)	
4. Write the role of lipids in eye health?		(3)	
5. Explain the dietary guidelines for a night blindness patient.		(3)	
6. Write the role of vitamins in eye heal		(3)	
	OR 	(2)	
Write the significance of calcium in v	ision process.	(3)	
	Group-C		
(Lo	ng Answer Type Questions)	5 x 6=30	
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7. Describe the importance of Balance	d Diet.	(5)	
8. Write the principles of diet planning	Ţ.	(5)	
9. Is protein a body building food in ou	ır diet? Justify your answer.	(5)	
10. Explain the process of balanced die	t planning.	(5)	
11. Explain the process of protein diges		(5)	
12. Discuss about six core food element		(5)	
	OR		
Discuss the different method of Indi	rect Nutritional assessment.	(5)	

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