



## **BRAINWARE UNIVERSITY**

Brainware University of

Term End Examination 2023
Programme – BBA(HM)-2020
Course Name – Nutrition
Course Code - BBAHMD602A
( Semester VI )

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

- Choose the correct alternative from the following :
- (i) Select a vitamin that is important for vision?
  - a) Vitamin A

b) Vitamin C

c) Vitamin D

- d) Vitamin K
- (ii) Select the main energy source for the body during exercise?
  - a) Carbohydrates

b) Proteins

c) Fats

- d) All of the these
- (iii) Select the recommended daily intake of iodine for adults?
  - a) 50 mcg

b) 150 mcg

c) 300 mcg

- d) 500 mcg
- (iv) Select the primary purpose of vitamin A prophylaxis?
  - a) To prevent rickets

b) To prevent scurvy

c) To prevent night blindness

- d) To prevent beriberi
- (v) Write the name of a vitamin that is important for maintaining healthy skin?
  - a) Vitamin A

b) Vitamin C

c) Vitamin D

- d) Vitamin K
- (vi) State a name of a mineral that is important for regulating fluid balance in the body?
  - a) Iron

b) Calcium

c) Sodium

- d) Magnesium
- (vii) Select the mineral which is important for muscle function?
  - a) Iron

b) Calcium

c) Sodium

- d) Magnesium
- (viii) Define Recommended Dietary Allowance (RDA)?
  - a) The minimum amount of a nutrient needed to avoid deficiency
  - c) The amount of a nutrient needed to meet the needs of 50% of the population
- b) The maximum amount of a nutrient that can be consumed safely
- d) The amount of a nutrient needed to meet the needs of almost all (97-98%) of the population

(ix) Choose a mineral that is important for maintaining healthy bones? b) Calcium a) Iron d) Potassium c) Sodium (x) Write the name of a mineral that is important for maintaining a healthy immune system? b) Calcium a) Iron d) Potassium c) Zinc (xi) State the name of nutrient that has an RDA of 90 milligrams per day for adult men and 75 milligrams per day for adult women? b) Iron a) Calcium d) Vitamin D c) Vitamin C (xii) Show lodine deficiency can lead to which of the following conditions? b) Osteoporosis a) Goiter d) Diabetes c) Anemia (xiii) Cite a mineral that is required for the proper functioning of the enzyme that converts pyruvate to Acetyl-CoA, an important step in energy production? b) Zinc a) Iron d) Calcium c) Magnesium (xiv) Choose from the following which is a fat-soluble vitamin b) Vitamin C a) Vitamin B6 d) Vitamin K c) Vitamin D (xv) Select the primary function of iodine in the body? b) Production of thyroid hormones a) Production of red blood cells d) Production of insulin c) Production of neurotransmitters **Group-B** 3 x 5=15 (Short Answer Type Questions) (3)2. Explain the functions of fat. 3. Classify the essential nutrients by nutritive value & chemical composition. (3)(3) 4. Name the water soluble vitamins and give examples? (3)5. Define iodine deficiency and its causes. (3)6. Explain malnutrition. OR (3)Classify malnutrition. Group-C 5 x 6=30 (Long Answer Type Questions) 7. Plan how can social and environmental factors contribute to the development of obesity? (5) (5) 8. Contrast the lifestyle factors that can improve digestion? (5) 9. Define balanced diet & its importance. (5) 10. Illustrate the measures that have been taken under the National Programme of Mid-Day Meal in Schools (MDMS) to ensure children receive a balanced and nutritious diet 11. Illustrate how do enzymes and other digestive secretions contribute to the breakdown of (5) carbohydrates, proteins, and fats in the body? (5) 12. Organize the strategies that can be used to prevent malnutrition in vulnerable populations? OR Explain the four main stages of the digestive process? (5)

\*\*\*\*\*\*\*\*\*\*\*\*