



BRAINWARE UNIVERSITY

Term End Examination 2023-2024

Programme – B.Sc.(OTT)-2023/B.Sc.(CCT)-2023

Course Name – Human Body and Nutrition

Course Code - GEFN201

(Semester II)

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

1. Choose the correct alternative from the following :
 - (i) Which of the following organs is NOT part of the gastrointestinal tract?
 - a) Stomach
 - b) Liver
 - c) Small intestine
 - d) Esophagus
 - (ii) Which of the following is NOT a function of the stomach?
 - a) Storage of food
 - b) Mechanical digestion
 - c) Absorption of nutrients
 - d) Production of gastric juices
 - (iii) Which of the following hormones is NOT involved in regulating digestion and nutrient absorption?
 - a) Insulin
 - b) Gastrin
 - c) Secretin
 - d) Cholecystokinin
 - (iv) Which of the following is a macronutrient?
 - a) Iron
 - b) Vitamin C
 - c) Carbohydrate
 - d) Zinc
 - (v) What is the primary function of proteins in the body?
 - a) Provide energy
 - b) Support growth and repair of tissues
 - c) Regulate body temperature
 - d) Act as antioxidants
 - (vi) What are carbohydrates primarily known for?
 - a) Providing structure to cells
 - b) Providing quick energy to the body
 - c) Aiding in muscle growth
 - d) Aiding in the absorption of vitamins
 - (vii) Which of the following is not a classification of carbohydrates?
 - a) Monosaccharides
 - b) Polysaccharides
 - c) Oligosaccharides
 - d) Amino acids

- (viii) What are the functions of carbohydrates in the body?
- a) Providing structure to cell membranes b) Facilitating muscle contraction
c) Serving as a quick source of energy d) Regulating body temperature
- (ix) What are proteins?
- a) Nutrients that primarily provide energy b) Nutrients that primarily regulate hormones
c) Nutrients that primarily build and repair tissues d) Nutrients that primarily support nerve function
- (x) Choose one of the symptoms of Vitamin B1 deficiency from the following options.
- a) Night blindness b) Beriberi
c) Rickets d) Scurvy
- (xi) Explain the reasons of large amounts of fat-soluble vitamins consumption can be dangerous.
- a) They are more readily excreted in urine. b) They can become toxic if stored in excess.
c) The body cannot absorb them efficiently. d) They interfere with the absorption of other vitamins.
- (xii) Explain the reason for food fortification to prevent vitamin deficiencies in a population.
- a) Certain foods are naturally high in specific vitamins. b) Adding essential vitamins to commonly consumed foods increases intake.
c) Fortification removes harmful toxins from food products. d) It eliminates the need to consume a variety of fruits and vegetables.
- (xiii) Select the complication that can occur with enteral feeding?
- a) Pneumothorax b) Hepatitis
c) Hyperkalemia d) Diarrhea
- (xiv) Determine how the enteral feeding formula is typically administered.
- a) Intravenous infusion b) Oral consumption
c) Through a feeding tube d) Rectal suppository
- (xv) What is parenteral nutrition?
- a) Feeding through the digestive tract b) Feeding through the bloodstream
c) Feeding through the respiratory system d) Feeding through the skin

Group-B

(Short Answer Type Questions)

3 x 5=15

2. Identify three key functions of carbohydrates in the human body. (3)
3. Write down a short note on bland diet. (3)
4. Write down a short note on high-fibre diet. (3)
5. Explain the difference between mechanical and chemical digestion. (3)
6. Design a sample meal plan for breakfast for someone looking to boost their cobalamin intake. (3)

OR

- Recommend a sample meal plan for someone recovering from a fracture. (3)

Group-C

(Long Answer Type Questions)

5 x 6=30

7. Describe soft diet. (5)
8. Create a sample meal plan for one day that incorporates a variety of foods rich in dietary fiber. Ensure the plan meets recommended dietary intake guidelines. (5)
9. List the major organs of the gastrointestinal (GI) tract in the order food travels through them. (5)

- 10. Describe the forms of iron present in food and its function in human body. (5)
- 11. Identify sources and explain benefits of complex carbohydrates in human body. (5)
- 12. Explain the difference between enteral and parenteral nutrition . (5)

OR

Analyze the role of bile acids produced by the liver and stored in the gallbladder in the digestion and absorption of fats. (5)
