

# Rajiv Gandhi University of Health Sciences, Karnataka

IV Year B.N.Y.S Degree Examination - June 2014

**Time: Three Hours**

**Max. Marks: 80 Marks**

## DIETETICS NUTRITION AND HERBS

**Q.P. CODE: 2519**

Your answers should be specific to the questions asked  
Draw neat, labeled diagrams wherever necessary

### LONG ESSAYS

**2 x 10 = 20 Marks**

1. Which are the common food adulterants and food additives? Explain health hazards of added chemicals in food.
2. Explain the dietetic principles in naturopathy. Explain the advantages and disadvantages of vegetarian and non-vegetarian food.

### SHORT ESSAYS (Answer any eight)

**8 x 5 = 40 Marks**

3. Food fortification
4. Nutritional values of ragi and its therapeutic uses
5. Composition and therapeutic uses of papaya
6. Dietary management in scurvy
7. Write about different kinds of fat.
8. How to eat and when to eat?
9. The role of potassium in the body and mention the food items rich in potassium.
10. Explain in detail about cashews.
11. Nutritional requirement for infancy
12. Explain about the medicinal use of ginger officinalis

### SHORT ANSWERS

**10 x 2 = 20 Marks**

13. Write the composition of honey.
14. Write the composition of apple
15. Daily requirements of calcium and protein for adult women
16. What is allium cepa?
17. How alcohol intake is harmful to the function of liver?
18. Nutritional value of wheat grass juice
19. Therapeutic benefits of raw food
20. Classify fatty acid.
21. Dietary source of Vitamin E
22. Name various food toxins.

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