

Subject Title: Nutrition in Health and Diseases

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Unit - I: Nutrition

Short Answers:

1. Write a short note on Balanced diet.
2. Write a short note on SDA Action of foods.
3. Define BMI and explain it.

Long Answers;

4. Explain in detail about Calorific value of food and how much energy should be required to lead a healthy life.
5. What is BMR and how factors effecting on it.
6. Define RDA and describe how its effects the health of a children, adults and lactating s.
7. Give a detail account of foods and their nutrients content with cereals, pulses, nuts and fibre.

Unit - II: Nutritional Disorders

Short Answers:

8. Write short notes on Malnutrition- Kwashiorkar.
9. Write short notes on Malnutrition-Marasmus.

Long Answers;

10. Define the term Vitamin and How many types of vitamins with classification and dietary sources of vitamins with its biochemical role, and deficiency of vitamins.
11. Define Trace elements with both Micro and Macronutrients including ca, mg, Fe, I and zn with a suitable examples.
12. Define Diabetes and explain in detail about how diabetes causes obesity in patients.
13. Explain the importance of Probiotics in human health.
14. Write an essay on functioning of foods with suitable examples.