



[BNYS 0321]

MARCH 2021

Sub. Code: 1521

(MAY 2020 & AUGUST 2020 SESSION)

B.N.Y.S. DEGREE EXAMINATION

THIRD YEAR

PAPER VI – NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Write in detail about nutritional surveillance and growth monitoring.
2. (a) *eclipta alba* (b) *acorus calamus* (c) *ferrula assa-foetida*.

II. Write Notes on:

(10 x 5 = 50)

1. History of nutrition.
2. Macro nutrition-uses.
3. Advantages of *curcuma longa*.
4. Iodine deficiency diseases.
5. Infective and toxic agent in foods.
6. Food enrichments and fortification.
7. Herbal remedy for hypertension.
8. Write any five phytochemicals and its uses.
9. Advantages of nuts and oilseeds.
10. Factors affecting and influencing BMR.

III. Short Answers on:

(10 x 2 = 20)

1. Lycopene.
2. EPA and DHA.
3. Stress vitamins.
4. Balanced diet.
5. Two methods of cooking and its uses.
6. *Ricinus communis*.
7. Uses of ubiquinone.
8. Cruciferous vegetables and its uses.
9. Green tea – uses.
10. Aloe Vera and its uses.

