

[LH 0815]

AUGUST 2015

Sub.Code : 6007

B.Sc. OPTOMETRY

FIRST YEAR

PAPER V – NUTRITION

*Q.P. Code: 806007*

**Time: Three Hours**

**Maximum : 100 Marks**

**Answer ALL questions.**

**I. Elaborate on:**

**(3 x 10 = 30)**

1. Explain in detail about vitamin A deficiency eye diseases.
2. Write about bomb calorimeter with diagram.
3. Discuss in detail about protein energy malnutrition.

**II. Write notes on:**

**(8 x 5 = 40)**

1. Write a brief description about lutein and lycopene.
2. Mention the importance of dietary fiber.
3. Discuss about the impact of energy imbalance.
4. What is the effect of excessive intake and deficiency of fats?
5. Define essential and non-essential amino acids. List them.
6. Write a brief note on supplementary food.
7. Explain in detail about food groups.
8. Discuss briefly about menu planning.

**III. Short answers on:**

**(10 x 3 = 30)**

1. Define balanced diet.
2. What are the sources and functions of carbohydrates?
3. Define body mass index.
4. How are vitamins classified? List them.
5. Define nutrients.
6. Define energy and its unit.
7. What are the functions of calcium?
8. What are essential fatty acids?
9. What is a complete protein?
10. Write any three functions of proteins with examples.

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