

[LI 0216]

FEBRUARY 2016

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. What is the WHO definition of health? Name the food groups. Classify carbohydrates.
2. Write about Vitamin A deficiency. What are the sources of Vitamin A?
3. What is starvation? Describe protein energy malnutrition.

II. Write notes on:

(8 x 5 = 40)

1. RDA.
2. Sources of calcium.
3. ARMD.
4. Omega-3-fatty acids.
5. Obesity.
6. Lipids.
7. Antioxidants.
8. Balanced diet.

III. Short answers on:

(10 x 3 = 30)

1. Iron deficiency anemia.
2. Methyl cobalamine.
3. Vitamin D.
4. Chylomicrons.
5. Calcium rich food.
6. Junk food.
7. Beverages.
8. Define nutrients.
9. Dietary fibre.
10. Obesity.
