

**February 2010**

**[KW 6007]**

**Sub. Code : 6007**

**BACHELOR OF OPTOMETRY DEGREE EXAMINATION**

**FIRST YEAR**

**Paper VII – NUTRITION**

*Q.P. Code : 806007*

**Time : Three hours**

**Maximum : 100 marks**

**Answer ALL Questions**

**Draw diagrams wherever necessary**

**I. Essays:**

**(2 x 15 = 30)**

1. Explain in detail about vitamin A deficiency eye diseases.
2. Write in detail about iron and its role in eye.

**II. Short Notes :**

**(10 x 5 = 50)**

1. Malnutrition.
2. Dietary fibre.
3. Functions of protein.
4. Body mass index with interpretations.
5. Nitrogen balance.
6. Menu planning.
7. Obesity.
8. Difference between complete and incomplete protein.
9. Supplementary food.
10. Any two antioxidants.

**III. Short Answers :**

**(10 x 2 = 20)**

1. Define energy.
2. Write any two sources and functions of carbohydrate.
3. Define protein energy malnutrition.
4. Write a note on essential fatty acid.
5. Define nutrients.
6. Define energy unit.
7. What are the functions of calcium?
8. What are the water and fat soluble vitamins?
9. What are the reasons for protein deficiency?
10. Define night blindness.

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**FIRST YEAR**

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*Q.P. Code : 806007*

**Time : Three hours**

**Maximum : 100 marks**

**Answer ALL Questions**

**Draw diagrams wherever necessary**

**I. Essays:** **(2 x 15 = 30)**

1. Write on Antioxidants and their role in vision.
2. Explain in detail about vitamin 'A' deficiency diseases related to eye.

**II. Short Notes :** **(10 x 5 = 50)**

1. Recent advances of nutrition in vision.
2. Assessment of nutritional status.
3. Deficiency of protein.
4. Role of diet in hyperlipidemia.
5. Functions of Vitamin 'A'.
6. Food groups.
7. Deficiency and excess of calcium intake.
8. Functions and sources of carbohydrates.
9. Measurement of energy value of food.
10. Nutritional requirements in pregnancy.

**III. Short Answers :** **(10 x 2 = 20)**

1. Deficiency of essential fatty acids.
2. Sources of vitamin A.
3. Anaemia.
4. Glaucoma.
5. Define Nutrition.
6. Write on Starvation.
7. Write functions of Iron.
8. Protein energy malnutrition.
9. List water soluble and fat soluble vitamins.
10. Dietary fibre.

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**August 2011**

**[KZ 0811]**

**Sub. Code : 6007**

**BACHELOR OF OPTOMETRY DEGREE EXAMINATION**

**FIRST YEAR**

**Paper VII – NUTRITION**

*Q.P. Code : 806007*

**Time : Three hours**

**Maximum : 100 marks**

**Answer ALL Questions**

**I. Elaborate on :**

**(3 x 10 = 30)**

1. Write on PEM.
2. Explain about symptoms and functions of Vitamin A.
3. Write on Antioxidants and their role in vision.

**II. Write notes on :**

**(8 x 5 = 40)**

1. Malnutrition.
2. Difference between incomplete and complete proteins.
3. Nutritional management of obesity.
4. Functions of calcium and their sources.
5. Any two vitamins associated with eye disorders.
6. Nutritional management of diabetic retinopathy.
7. Nutritional requirement for an Infant.
8. Sources of Vitamin A and Vitamin C.

**III. Short Answers on :**

**(10 x 3 = 30)**

1. Write any two sources and functions of Carbohydrates.
2. Define energy with examples.
3. Define Body Mass Index (BMI).
4. Define PEM with examples.
5. Define nutrients.
6. Define Atherosclerosis.
7. Give any three functions of Vitamin A.
8. Define Hyperlipidemia.
9. Define antioxidants with examples.
10. WHO definition of health.

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