

**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

**[AHS 0423]**

**APRIL 2023**

**Sub. Code: 3001**

**B.Sc. CLINICAL NUTRITION  
FIRST YEAR (Regulation 2018-2019 onwards)  
PAPER I – BASIC NUTRITION  
Q.P. Code: 803001**

**Time: Three Hours**

**Answer All questions**

**Maximum: 100 Marks**

**I. Elaborate on: (3 x 10 = 30)**

1. Define and classify Moist Heat Cooking. Describe any three Moist Heat Cooking methods with advantages and disadvantages.
2. Classify Detergents with examples. Add a note on formulating Detergents.
3. Describe the classification of Food groups and elaborate on how to use a Food guide.

**II. Write notes on: (8 x 5 = 40)**

1. Functions of Carbohydrates.
2. Explain properties of Dietary fiber.
3. Explain digestion and absorption of Proteins.
4. Explain the mechanism of water balance in the human body.
5. Food handling habits.
6. What are the functions of Food?
7. Effect of cooking on nutritive value of Foods.
8. Explain factors affecting fat absorption.

**III. Short answers on: (10 x 3 = 30)**

1. List the sources of heme and non-heme Iron.
2. Name the Fat soluble and Water soluble Vitamins.
3. Write any three functions of Water.
4. List the differences between Soluble and Insoluble Fiber.
5. Name the essential and non-essential Amino Acids.
6. List the sources of Potassium.
7. Symptoms of Hyponatremia.
8. List any two food sources of saturated and Polyunsaturated Fatty Acids.
9. Define Pesticides and give two examples.
10. What are the consequences of Protein deficiency?

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