

**DIPLOMA IN HEALTH CARE AIDE
FIRST YEAR
PAPER III – NUTRITION AND BIOCHEMISTRY**

Q.P. Code : 841823

Time : Three Hours

Maximum : 100 Marks

Answer All questions

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

1. Describe the sources, functions, deficiency of fat soluble vitamins.
2. Different methods of cooking.
3. Discuss about balanced diet and its importance in maintaining health.

II. Write notes on: **(10 x 5 = 50)**

1. Food hygiene.
2. Low cost menu.
3. Water soluble vitamin.
4. Nutritional need for old age people.
5. Amino acids.
6. Importance of water drinking.
7. Enzymes.
8. Food pyramid.
9. Oral rehydration solution.
10. Advantages of breast feeding.

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

1. Adverse effects of chocolates.
2. Mention the nutrients found in milk.
3. Mention any four egg preparations.
4. Name any two disaccharides.
5. Functions of calcium.
6. Sources of sodium.
7. Essential fatty acids.
8. Write any two uses of spices.
9. Calorific value of 1 gram carbohydrate and 1 gram alcohol.
10. Advantages of jaggery.
