

AUGUST 2007

[KR 1521]

Sub. Code : 1521

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Third Year

NUTRITION AND HERBOLOGY

Time : Three hours

Maximum : 100 marks

**Theory : Two hours and
forty minutes**

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Draw diagrams wherever necessary.

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Define food adulteration. Explain in detail about the common adulteration, add note on adulteration law. (15)

2. Write in detail about the nutrition survey and its methodology. (15)

II. Write short notes on : (10 × 5 = 50)

1. History of nutrition.

2. Food additives.

3. Balanced diet.

4. Nutritional education.

5. Source, therapeutic benefits of

(a) carica papaya

(b) Allium sativum.

6. Nuts and oil seeds.

7. Role of carbohydrates in health and disease.

8. Food suggested for gastritis.

9. Nutritional diet for a pregnant woman.

10. Nutritional Value of honey and its role in Health and Disease.

AUGUST 2007

[KR 1521 A]

Sub. Code : 1521

THIRD B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

NUTRITION AND HERBOLOGY

Time : Three hours

Maximum : 100 marks

**Theory : Two hours and
forty minutes**

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

I. Essay :

(2 × 15 = 30)

Answer ALL questions.

1. Write in detail about methods of assessing nutritional status.

2. Write in detail about nutrition in diseases and disorders of malnutrition.

II. Short notes :

(10 × 5 = 50)

1. Define glycaemic index and mention high and low glycaemic index foods.

2. How cholesterol brings about the Heart Attack? Its mechanism and role of fibre in cholesterol management.

3. Medicinal uses of Trigonella Foenumgraecum.

4. Health hazards of foods containing colour, essence, preservatives and adulteration of foods.

5. Effect of processing on nutritive value of foods.

6. Dietary guidelines in brief.

7. Tabulate the Recommended Dietary Allowances (RDA) for India as per ICMR (Indian Council for Medical Research).

8. Balanced Diet.

9. Cereals and their therapeutic importance.

10. Dancus carota.

FEBRUARY 2008

[KS 1521]

Sub. Code : 1521

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Third Year

NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time : Three hours

Maximum : 100 marks

**Theory : Two hours and
forty minutes**

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Draw diagrams wherever necessary.

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Write about Infection and Nutrition under the following headings.

(a) Effect of Infection on Nutritional status.

(b) Effect of Malnutrition on Infection.

(c) Dietary considerations for management of infections.

2. (a) Dietary management of Coronary Heart Disease.

(b) Glycaemic index role in diabetes M.

(c) Herbal remedy for IHD and DM.

II. Short notes : (10 × 5 = 50)

1. Lathyrism and removing the toxin from kesari dal.

2. Minerals and Trace Metals.

3. Food Adulteration in detail and Health Hazards with explanation.

4. Concept of Nutritional Care.

5. Major features of diet therapy in Type I and II Nephritis.

6. Zingiber officinale.

7. Coriandrum sativum.

8. Nutrition in Lactating Mother.

9. Alcohol and Health.

10. Fat and Water Metabolism.

August 2008

[KT 1521]

Sub. Code : 1521

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Third Year

NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time : Three hours

Maximum : 100 marks

Draw diagrams wherever necessary.

Answer ALL questions.

I. Long notes : (2 × 15 = 30)

1. Minerals and trace metals in detail.

2. (a) Herbal therapy for hypertension.

(b) Diet management for hypertension of secondary causes.

(c) Why salt is contra indicated in hypertension.

August 2008

II. Short notes : (10 × 5 = 50)

1. Rauvolfia Serpentina.
2. Disadvantages of Raw food and cooked food.
3. Fortification and enrichment.
4. Calendula officinalis.
5. Protein Energy Malnutrition (PEM).
6. Non-nutrient components of foods and their significance.
7. Differences between cows milk and human's milk.
8. Name any five added chemicals in foods and their toxic effects.
9. Nelumbo nucifera.
10. Nutritive and medicinal value of Lotus.

III. Short answers : (10 × 2 = 20)

1. Define Joule.
2. Energy allowance.
3. Name twelve essential amino acids.
4. Name the fatty acids and identify EFA.

5. Biological value of proteins for egg, milk, meat and fish.
 6. Name the foods rich in oxalic acids.
 7. Reference man and woman.
 8. Nutritive value of Mushroom.
 9. Nutritive value of Lettuce.
 10. Calorific values of fats and edible oils.
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FEBRUARY - 2009

[KU 1521]

Sub. Code : 1521

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Third Year

Paper VI — NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time : Three hours

Maximum : 100 marks

Draw diagrams wherever necessary.

Answer ALL questions.

I. Long Essay :

(2 × 15 = 30)

1. Write on Carbohydrate, protein and fat metabolism.

2. Write about the following in a tabular column for its composition, properties/function.

- (a) Allium sativum.
- (b) Azadirachta Indica.
- (c) Ferula Assafoetida.
- (d) Cuminum cyminum.
- (e) Rauvolfia Serpentina.

II. Short notes : (10 × 5 = 50)

1. Tabulate the recommended dietary allowances for Indians as per ICMR.
2. Balanced Diet.
3. Disadvantages of non-vegetation food and raw food.
4. Alcohol-composition, types, properties and effect on health.
5. Essential fatty acids and essential amino acids.
6. Dietary guidelines and factors affecting meal planning.
7. Foods low in glycemic index and high in soluble fibre.
8. Biological value of proteins, net protein utilization and write BV of proteins for Rice, Groundnut, wheat and milk.
9. Cholesterol-composition, benefits and its types with normal value.
10. Nutritional deficiency - macro and micro nutrients – Tabulate.

III. Short answers : (10 × 2 = 20)

1. Nutritionist and Dietician.
2. Food, diet, calorie and Joule – Define.
3. Fortification and Enrichment.
4. ARF - Amylase Rich Food - importance.
5. Glutan free diet and low purine diet.
6. Various types of salts and its uses.
7. Standardizing and pasteurization.
8. Paneer (Cottage cheese).
9. Four purposes of five food group system.
10. Classify food according to its perishability.

August - 2009

[KV 1521]

Sub. Code : 1521

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Third Year

Paper VI — NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time : Three hours

Maximum : 100 marks

Draw diagrams wherever necessary.

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Define nutrition. Describe about nutritional assessment and its schedule in I.C.M.R.

2. Elaborate about nutritional deficiency diseases, preventive and curative approach.

II. Short notes : (10 × 5 = 50)

1. Non-nutrients components of foods.

2. Ficus cerica.

3. Nutrition and immunity.

4. Shatavari.

5. Fat soluble vitamins.

6. Milk and milk products.

7. Food additives.

8. Citrus aurantifolia.

9. Nutrition is relation to disaster management.

10. Define metabolism. Describe the energy balance and energy needs of the body.

III. Write short answers : (10 × 2 = 20)

1. Nelumbo nucifera.

2. Write the common phytonutrients in foods.

3. Aloe vera.

4. Nutrition education.

5. Classification of nutrition.

6. Adverse effects of alcohol.

7. RDA.

8. Healing properties of carrot.

9. Salvia officinalis.

10. Spices and condiments.

February 2010

[KW 1521]

Sub. Code: 1521

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Third Year

Paper VI – NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time : Three hours

Maximum : 100 marks

Note :

- (i) Draw neat diagram wherever necessary.**
- (ii) Answer ALL questions.**

I. Essay Questions:

(2 x 15 = 30)

1. Define Nutrition Survey. Explain in detail about methods in Nutrition Survey.
2. Define Nutrition. Describe about Human Nutritional Requirements of Infants, Childrens, Adolescents, Adults, Pregnancy and Lactation.

II. Short Notes:

(10 x 5 = 50)

1. Balanced Diet.
2. Dietary guidelines and goals.
3. Nutrients and their functions.
4. Withania somnifera.
5. Honey and its healing properties.
6. Nutrition Programme.
7. Nutrition and Infection.
8. Ficus Glomerata.
9. Composition of body in relation to Nutrition.
10. Regulation of the body weight and Food Intake.

III. Short Answers:

(10 x 2 = 20)

1. Phytate.
 2. Phytonutritents.
 3. Pellagra.
 4. Define Calorie.
 5. Electrolyte balance.
 6. Synthesis of Fatty Acids.
 7. Vitamin – A deficiency.
 8. Dietary fibre and its types.
 9. Healing properties of citrus Aurentium.
 10. Adverse effect of cooking.
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August 2010

[KX 1521]

Sub. Code: 1521

B.N.Y.S DEGREE EXAMINATION.

(New Regulations)

Third Year

Paper VI – NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Essay Questions:

(2 x 15 = 30)

1. Write in detail about Food groups.
2. Herbal therapy for Bronchial asthma. Add a note on Rauvolfia Serpentina (Aswagandha).

II. Short Notes:

(10 x 5 = 50)

1. Non-Nutrition composition of foods.
2. Effects of processing on nutritive value of foods.
3. Fortification and Enrichment.
4. PEM.
5. Jasminum Sambac and Ficus.
6. Nutritional and Medicinal value of Carica Papaya.
7. Withania Somnifera.
8. Constituents, properties and therapeutic uses of Allium sativum.
9. Essential amino acids and non essential amino acids.
10. Daucus Carota.

III. Short Answers:

(10 x 2 = 20)

1. Fatty acid content of coconut oil.
 2. Retinol content of carrot, mango ripe and papaya.
 3. Food Toxins.
 4. Reference man and woman.
 5. Mention the assessment of Nutritional Status.
 6. Food borne infections.
 7. Two definitions on Nutrition.
 8. Bitot's Spot.
 9. Free Radicals.
 10. Glycaemic Index.
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February 2011

[KY 1521]

Sub. Code : 1521

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Third Year

Paper VI — NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time : Three hours

Maximum : 100 marks

Draw diagram wherever necessary.

Answer ALL questions.

- I. Long Essay : (2 × 15 = 30)
1. (a) Iron deficiency anaemia - aetiology and diagnosis in detail.
(b) Recommended dietary allowances of Iron for different age group. (10 + 5)
 2. Assessment of nutritional status in detail.
- II. Short notes : (10 × 5 = 50)
1. Specific functions of amino acid.
 2. Objectives of cooking.
 3. Weaning.
 4. Functions of phyto chemicals.
 5. Citrus aurantium.
 6. Factors influencing BMR
 7. Physiological effects of fibre.
 8. Ascorbic acid.
 9. Nutritional requirements in pregnancy and lactation.
 10. Aloe Barbendosis.
- III. Short answers : (10 × 2 = 20)
1. Phytate.
 2. Resistant starch.

3. Uses of cinnamon.
 4. Advantages of germination.
 5. Nutritive value of Betal leaves and spinach.
 6. Name the macro minerals.
 7. Combination of food to improve the protein quality, give example.
 8. Define food and food science.
 9. Folic acid functions.
 10. Antioxidants.
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August 2011

[KZ 1521]

Sub. Code: 1521

B.N.Y.S. DEGREE EXAMINATION.

Third Year

Paper VI – NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Essay questions:

(2X15=30)

1. Protein and Lipid metabolism – explain in detail.
2. (i) Difference between Kwashiorker and Marasmus.
(ii) Metabolic changes in Marasmus and Kwashiorker.

II. Short Notes:

(10X5=50)

1. Nutritional classification of Amino acids and its functions.
2. Determination of BMR.
3. Food groups.
4. Dietary guidelines.
5. Citrus Aurantifolia.
6. Food additives – Definition and its major categories.
7. Vitamin contents of Almond, Cashew nut, Coconut and Ground nut.
8. Nutritional Programmes.
9. Nutritional Anthropometry.
10. Effect of Cooking on Nutrients.

III. Short Answer:

(10X2=20)

1. Recommended Dietary Allowances.
2. Classification of vegetables.
3. Mono sodium glutamate.
4. Free sugars.
5. Medicinal uses of Indian gooseberry.
6. Define Nutritional status.
7. Nutritional classification of starch.
8. Functions of Vitamin C.
9. Goitrogens.
10. Nutritive value of fenugreek and lettuce.

February 2012

[LA 1521]

Sub. Code: 1521

B.N.Y.S. DEGREE EXAMINATION.

Third Year

Paper VI- NUTRITION & HERBOLOGY

Q.P. CODE : 821521

Time: Three Hours

Maximum: 100 marks

Answer ALL questions

I. Elaborate on:

(2x15=30)

1. Write about cereals and their nutritive values
2. Explain malnutrition in detail

II. Write notes on:

(10x5=50)

1. Carbohydrates
2. Nutrition and infection
3. RDA for Indians as per ICMR
4. Acquired Immunity
5. Harmful effects of artificially processed food
6. Non-nutrition composition of food
7. Nutritional Survey
8. Fortification and enrichment
9. Anaemia and its management
10. Adverse effect of alcohol

III. Short Answers:

(10x2=20)

1. Define nutrition
2. Folic acid deficiency
3. Emblica officinalis
4. Glycaemic Index
5. Enzymes
6. Water soluble vitamins
7. Assessment of nutritional status
8. Nutritive value of honey
9. Free radicals
10. Spices and condiments

[LB 1521]

Sub. Code: 1521

THIRD YEAR B.N.Y.S. DEGREE EXAM – AUGUST 2012

Paper – VI NUTRITION & HERBOLOGY

Q.P. Code: 821521

Time: 180 minutes

Maximum: 100 marks

Answer ALL questions

I. Elaborate on:

**Pages Time Marks
(Max.)(Max.)(Max.)**

1. Write in detail about nutrition in pregnancy,
Lactation and infancy.

16 25 15

2. Give an account of:

(a) *Allium sativum*.

(b) *Phyllanthus emblica*.

(c) *Coriandrum sativum*.

16 25 15

II. Short notes on:

1. Dietary fiber – Uses and Contraindications.

3 8 5

2. Importance of citrus fruits.

3 8 5

3. *Piper nigrum*.

3 8 5

4. Medicinal Value of *Zingiber officinale*.

3 8 5

5. Jaggery-uses and contents.

3 8 5

6. Balanced diet.

3 8 5

7. *Rauwolfia serpentina*.

3 8 5

8. *Ferula asafoetida*.

3 8 5

9. Adverse effects of Alcohol.

3 8 5

10. Infective agents in food.

3 8 5

III. Short Answers on:

1. Importance of water.

1 5 2

2. Uses of millet diet.

1 5 2

3. Name the malnutrition disorder in children.

1 5 2

4. Vitamin C-Sources.

1 5 2

5. Enzymes important for protein digestion.

1 5 2

6. Importance of fortification.

1 5 2

7. Nutrients in milk.

1 5 2

8. Clinical uses of groundnut.

1 5 2

9. Vegetable source of calcium & iron.

1 5 2

10. Diet for School children of 5 yrs.

1 5 2

[LC 1521]

SUB. CODE:1521

THIRD BNYS DEGREE EXAMINATION - FEBRUARY 2013

PAPER VI: NUTRITION & HERBOLOGY

Q.P. Code : 821521

Time: 3 hours:

Maximum: 100 Marks

ANSWER ALL QUESTIONS

I.Essay Questions

(2 x 15 = 30)

1.Assessment of nutritional status

2)a) Azadirachta Indica. b) Benincasa hispida. C) Eclipta alba

II . Short Notes

(10x5=50)

1. Six Causes of nutritional Deficiency

2. Relationship between carotenoids and vitamin A

3. Thermic effect of food

4. Antioxidants and disease

5. Interrelationship of folic acid,B12 and B6

6. Quality of proteins

7. History of Nutrition

8. Body factors that increase free radical formation

9. Polyphenols

10. Why is milk considered the best source of calcium

III.Short answers

(10 x 2 = 20)

1. Bionutrition

2. Define food

3. Saturated fatty acids

4. Aetiology of undernutrition

5. Requirement of salt according to WHO

6. Fortification

7. Phytates and oxalates

8. Types of dietary fibers

9. Interrelationship of folic acid,B12 and B6

10. Spirulina

[LD 1521]

SUB. CODE:1521

THIRD BNYS DEGREE EXAMINATION - AUGUST 2013

PAPER VI: NUTRITION & HERBOLOGY

Q.P. Code : 821521

Time: 3 hours:

Maximum: 100 Marks

ANSWER ALL QUESTIONS

I. Essay Questions

(2 x 15 = 30)

1. a)Methods used to determine the RDA of different nutrients
b)Factors affecting RDA
2. a) Rosemarinus officinalis. b) Punica granatum c)Nigella sativa

II . Short Notes

(10x5=50)

1. Whey proteins
2. Sources of Different fibres
3. Ecological factors of malnutrition
4. Role of cholesterol in the body
5. Basal metabolic rate
6. Inter relation between nutrition and health
7. What is the difference between underweight and stunting?
8. Body factors that increase free radical formation-
9. Relationship between glucose and chromium
10. History of Nutrition

III.Short Answers

(10 x 5 = 50)

1. Define nutritional status
2. Define Recommended dietary allowances
3. Define factorial method
4. Define antioxidants
5. Goitrogens
6. Toxicity of vitamin A
7. How can you prevent losses of vitamin C during cooking?
8. Why is the body's need for vitamin B6 related to protein intake?
9. What is hyponatraemia and hypokalaemia?
10. What is water intoxication?

THIRD YEAR B.N.Y.S. DEGREE EXAM
PAPER VI – NUTRITION & HERBOLOGY
Q.P. Code : 821521

Time: Three hours

Maximum : 100 Marks

Answer All questions

I. Essays Questions: **(2 X 15 = 30)**

1. Nutritional requirements during pregnancy and lactation - Explain
2. Write notes on
 - A) Curcuma longa
 - B) Piper nigrum
 - C) Rauvolfia serpentina

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

1. Body composition
2. Factors affecting RDA
3. Metabolism of lipids
4. Folacin
5. Dietary goals
6. Anthropometry
7. Geriatric nutrition
8. Nutrient loss on cooking
9. Adverse effect on alcohol
10. Lathyrism

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

1. Calorie
2. Anti oxidants
3. Goitrogens
4. Ariboflavinosis
5. Balanced diet
6. Food fortification
7. Body mass index
8. Uses of allium sataivum
9. Quercetin
10. Metheonin

THIRD B.N.Y.S. DEGREE EXAM

PAPER VI – NUTRITION & HERBOLOGY

Q.P. Code : 821521

Time: Three hours

Maximum : 100 Marks

Answer All questions

I. Essays Questions: (2 X 15 = 30)

1. Nutritional assessment methods - Explain
2. Write notes on

- A) *Murraya koenigii*
- B) *Nelumbo nucifera*
- C) *Withania somnifera*

II. Short Notes: (10 X 5 = 50)

1. Food groups
2. Anti nutritional factors
3. Omega fatty acids
4. Iron deficiency anemia
5. Protein energy malnutrition
6. Nutritional requirements during pregnancy
7. Factors affecting BMR
8. Immuno-nutrition
9. Heat processing on nutrients
10. Food adulteration

III. Short Answers: (10 X 2 =20)

1. Nutritional status
2. Pectin
3. Advantages of germination
4. Pellagra
5. Water intoxication
6. Isoflavones
7. RDA – Protein & calcium during lactation
8. Aspartame
9. Uses of cinnamon
10. Allicin

THIRD B.N.Y.S. DEGREE EXAMINATION

PAPER VI – NUTRITION & HERBOLOGY

Q.P. Code : 821521

Time: Three hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Write in detail about malnutrition and types of Nutrition
2. Write in detail about the nutritional deficiency diseases, preventive & curative approaches.

II. Write Notes on:

(10 x 5 = 50)

1. Nutritional programmes in India.
2. Recommended Dietary Allowances for Woman, Infancy and Children as per ICMR
3. Physiological effects of dietary fibres.
4. Nutrition and immunity.
5. Carbohydrate Metabolism
6. Effects of water deprivation and sources.
7. *Momordica charantia*.
8. Role of dietary fatty acids and its sources.
9. Write five interrelationships of nutrients.
10. Medicinal uses of *Moringa oleifera*.

III. Short Answers:

(10 x 2 = 20)

1. Balanced diet.
2. Treatment for Megaloblastic anaemia.
3. Phytonutrients.
4. Wernicke's encephalopathy.
5. Isothiocyanates and its sources.
6. Which mineral needed for hyposmia, hypogeusia?
7. Nutritive value of tomato
8. Oxalates and its sources.
9. Food standards.
10. Methods of Pasteurization.

THIRD B.N.Y.S. DEGREE EXAMINATION
PAPER VI – NUTRITION AND HERBOLOGY
Q.P. Code : 821521

Time: Three Hours**Maximum : 100 Marks****Answer All questions****I. Essay Questions:****(2 x 15 = 30)**

1. Write in detail about method of Nutritional Assessment.
2. Elaborate about –
a) *Carica papaya* b) *Trigonella foenum-graecum* c) *Terminalia chebula*.

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

1. Specific functions of Amino acids.
2. Recommended dietary allowance for Lactation and pregnancy as per (ICMR).
3. Interrelationship between Niacin and Tryptophan.
4. Protein Metabolism.
5. Lathyrism and Fluorosis.
6. Factors enhancing and inhibiting absorption of Non-Heme Iron.
7. Medicinal uses of *Eclipta Alba*.
8. Anti-nutritional factors.
9. Nutrient Antioxidants and its sources.
10. Relationship between Zinc and Vitamin A.

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

1. Bio nutrition.
2. Nutritive value on Indian gooseberry.
3. Name any two emulsifiers.
4. Dietary fibres and types.
5. Vitamin E and Selenium.
6. Food fortification.
7. Essential Fatty Acids and sources.
8. Role of Vitamin and Minerals in Bone formation.
9. Flavonoids and sources.
10. RDA of Iodine in all age groups.

THIRD B.N.Y.S. DEGREE EXAMINATION
PAPER VI – NUTRITION AND HERBOLOGY
Q.P. Code : 821521

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Write in detail about nutritional surveillance and growth monitoring.
2. a) benincasa hispida b) ferula assa-foetida c) eclipta alba.

II. Write Notes on:

(10 x 5 = 50)

1. Specific functions of omega fatty acids.
2. Determination of RDA and Factorial method.
3. History of nutrition.
4. Medicinal uses of momordica charantia.
5. Nutritional deficiencies, preventive and curative approach.
6. Anthropometry assessment.
7. Advantages of cooking and its methods.
8. Biological values of nuts, egg, milk, pulses, fish and meat.
9. Adverse effects of alcohol.
10. Vitis vinefera-medicinal uses.

III. Short Answers on:

(10 x 2 = 20)

1. Pectin.
2. Advantages of sprouting.
3. Good quality of proteins and examples.
4. EPA and DHA.
5. Tocotrienols uses.
6. Zinc and vitamin.
7. Nutrition and types.
8. Balanced diet.
9. Food borne infections.
10. Classifications of starch.

THIRD B.N.Y.S. DEGREE EXAMINATION
PAPER VI – NUTRITION AND HERBOLOGY
Q.P. Code : 821521

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions: **(2 x 15 = 30)**

1. Nutritional requirements during Pregnancy and Lactation - Explain?
2. Write notes on
 - a) Allium Sataivum.
 - b) Foeniculum Vulgare.
 - c) Zingiber Officinale.

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

1. Nutritional classification of Protein.
2. Omega fatty acids.
3. Iron deficiency anemia.
4. Protein energy malnutrition.
5. Ascorbic acid.
6. Factors affecting BMR.
7. Immunonutrition.
8. Food adulteration.
9. Anti nutritional factors.
10. Ficus Glomerata.

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

1. Optimum Nutrition.
2. Pectin.
3. Essential Fatty acids.
4. RDA – Thiamin and Niacin.
5. Advantages of germination.
6. Megaloblastic Anaemia.
7. Water intoxication.
8. Isoflavones.
9. Monosodium glutamate.
10. Uses of cumins.

THIRD B.N.Y.S. DEGREE EXAMINATION
PAPER VI – NUTRITION AND HERBOLOGY
Q.P. Code : 821521

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Five food groups - Explain?
2. Write notes on
 - a) Asparagus racemosus.
 - b) Piper longum.
 - c) Withania somnifera.

II. Write Notes on:

(10 x 5 = 50)

1. Body composition.
2. Factors affecting BMR.
3. Metabolism of CHO.
4. Cyanocobalamin.
5. Dietary goals.
6. Nutritional Anthropometry.
7. Immunity and Infection.
8. Effect of heat on nutrients.
9. Adverse effect of alcohol.
10. Food contamination.

III. Short Answers on:

(10 x 2 = 20)

1. Nutritional status.
2. Phytochemicals.
3. Oxalate.
4. Pellagra.
5. Balanced diet.
6. Food Enrichment.
7. Glycemic index.
8. Uses of Piper Nigrum.
9. Quercetin.
10. Indications of Ocimum Sanctum.

THIRD B.N.Y.S. DEGREE EXAMINATION
PAPER VI – NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions: (2 x 15 = 30)

1. Write in detail about methods of nutritional programme, survey and methodology.
2. a) Azadirachta indica b) cuminum cyminum c) rauvolfia serpentina

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

1. Specific functions of amino acids.
2. Anti-nutritional factors.
3. Lathyrism and fluorosis.
4. RDA for pregnancy as per ICMR.
5. Malnutrition-explain.
6. Moringa oleifera.
7. How to assess obesity?
8. Determination of BMR by formulas.
9. Nutrition and immunity.
10. Interrelationship of tryptophan and niacin.

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

1. Bio nutrition.
2. Megaloblastic anaemia.
3. Herbal prescription for indigestion.
4. Goiterogens.
5. Antioxidants and examples.
6. Dietary fiber and RDA per day.
7. Indian standards of foods.
8. Referred men and women.
9. Water intoxication.
10. Milk hygiene.

[LK 1521]

MAY 2017

Sub.Code :1521

THIRD B.N.Y.S. DEGREE EXAMINATION
PAPER VI – NUTRITION AND HERBOLOGY
Q.P. Code : 821521

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions: (2 x 15 = 30)

1. Write in detail about metabolic and organic changes in protein energy malnutrition.
2. Explain the following herbs with respect to their source and therapeutic uses.
a) Digitalis Lanata b) Acorus calamus c) Aloe Vera

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

1. Physiological effects of dietary fibers.
2. Nutritional programmes in India.
3. Factors influencing and affecting haem absorptions.
4. Specific functions of essential fatty acids.
5. Differences between osteoporosis and osteomalacia.
6. Nutrition and immunity.
7. Importances of beta carotene and its rich sources.
8. Nutritional services for malnutrition.
9. Advantages of cooked and raw foods.
10. Trigonella foenum graecum.

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

1. Hibiscus Rosa – Sinensis.
2. Role of folic acid during pregnancy.
3. Free radicals and antioxidants.
4. Vitamin E and selenium.
5. Role of Vitamin B6 in amino acid metabolism.
6. Braising method of cooking.
7. Emblica officinalis.
8. Wernicke's encephalopathy.
9. Monosodium glutamate (MSG).
10. Vitamins and minerals needed for bone formation.

[LL 1521]

AUGUST 2017

Sub.Code :1521

THIRD B.N.Y.S. DEGREE EXAMINATION
PAPER VI – NUTRITION AND HERBOLOGY
Q.P. Code : 821521

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions: (2 x 15 = 30)

1. a) Nutritional Anemia – Explain.
b) Iron requirements for different age groups.
2. Effects of processing on nutrients – Explain in detail.

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

1. Protein energy malnutrition.
2. Factors affecting RDA.
3. Nutritional classification of CHO.
4. Nicotinic Acid.
5. Immunity and nutrition.
6. Nutritional requirements during pregnancy.
7. Cuminum cyminum.
8. Azadirachta indica.
9. Curcuma longa.
10. Asparagus racemosus.

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

1. Define Malnutrition.
2. Reference Man.
3. Lactose.
4. Essential amino acids.
5. Antioxidants.
6. Fluorosis.
7. Mid day meal plan.
8. Aspartame.
9. Phytochemicals in Vitis vinifera.
10. Uses of garlic.

THIRD B.N.Y.S. DEGREE EXAMINATION
PAPER VI – NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail about protein deficiency diseases, its preventive and curative approach
2. Explain the following herbs in detail
a) Rauvolfia serpentina b) Zingiber officinalis c) Trigonella foenum graecum

II. Write Notes on:

(10 x 5 = 50)

1. Non – nutritional factors and its adverse effect.
2. Vitamin C and its importance in diet.
3. Terminalia chebula.
4. RDA chart as per ICMR.
5. Toxins and infective agents in food.
6. Explain millets with their nutritive values.
7. Nutritional programmes in india.
8. Demerits of cooking.
9. Relation between vitamin E and selenium.
10. Classify amino acids and its functions.

III. Short Answers on:

(10 x 2 = 20)

1. Goitrogens with examples.
2. BMR and BMI.
3. Balanced diet and its types.
4. Calcium, its RDA and sources.
5. Methods of diet survey.
6. Iron deficiency anaemia.
7. Sulphur compounds in allium cepa and allium sativum.
8. Nigella sativa.
9. Adverse effect of alcohol consumption.
10. Tocotrienols.

[LM 1521]

MAY 2018

Sub. Code: 1521

THIRD B.N.Y.S. DEGREE EXAMINATION
PAPER VI – NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail about nutritional education and add a note on nutrition survey.
2. Give a detailed account on the following herbs.
a) Curcuma longa b) Carica papaya c) Citrus limon

II. Write Notes on:

(10 x 5 = 50)

1. Food borne infections and its preventive aspects.
2. Fatty acids and its function.
3. Nutritional requirements of infants.
4. Enrichment and fortification.
5. Hibiscus rosa sinensis.
6. Vitamin A and its biochemical function.
7. Lathyrism.
8. Phytochemicals and its importance.
9. Nutrients and its function.
10. Importance of dairy products in diet.

III. Short Answers on:

(10 x 2 = 20)

1. Trans fat and hydrogenated fats.
2. Scurvy and pellagra.
3. Wilson's disease.
4. LDL and HDL.
5. Niacin and tryptophan.
6. ISI and AGMARK.
7. Oxalates – sources and adverse effect.
8. Importance of zinc and chromium.
9. Biotin and avidin.
10. Food additives with examples.

[LN 1521]

OCTOBER 2018

Sub. Code: 1521

THIRD B.N.Y.S. DEGREE EXAMINATION
PAPER VI – NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail about Nutritional Assessment and Nutritional Survey.
2. Explain in detail about : i) Neem ii) Turmeric iii) Aloe vera

II. Write Notes on:

(10 x 5 = 50)

1. Note on Food Additives.
2. Write about the Adverse effects of alcohol.
3. Write a note on Phytochemicals.
4. Explain about Ash gourd.
5. Protein energy Malnutrition.
6. Note on Anti-egg white factor.
7. Define Protein. Explain about the Nutritionally Valuable Proteins.
8. Hibiscus – Properties and Therapeutic uses.
9. Note on Food Adulteration.
10. Water soluble Vitamins – Add a note on its rich sources.

III. Short Answers on:

(10 x 2 = 20)

1. What is Whey Protein?
2. Fortification and Enrichment.
3. Properties of Eugenia caryophyllate.
4. Classify Nutrients according to physiological functions.
5. Classify Minerals.
6. Essential amino acids.
7. What is Glycemic index?
8. Anti-scorbutic Vitamin.
9. Potent Expectorants.
10. Uses of Assafoetida.

[LO 1521]

MAY 2019

Sub. Code: 1521

THIRD B.N.Y.S. DEGREE EXAMINATION
PAPER VI – NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Elaborate in detail about nutritional deficiency diseases, preventive and curative approach.
2. Give a detailed account on dietary fibre – its type, composition, sources, mechanism of action, indications, contraindications and RDA.

II. Write Notes on:

(10 x 5 = 50)

1. Nutritional requirements in pregnancy and lactation.
2. Body composition in relation to nutrition.
3. Importance of green leafy vegetables.
4. Sprouting and its advantages.
5. Omega 6 and omega 3 fatty acids.
6. Benefits of water intake and its intoxication.
7. Anthropometry measurements.
8. Vitamin B₁₂ and its functions.
9. Antioxidants and its importance.
10. Food adulteration and its control measures.

III. Short Answers on:

(10 x 2 = 20)

1. Define nutrition and its type.
2. Classify food groups.
3. Sodium.
4. Emblica officinalis.
5. Nutritive value of brown rice.
6. Importance of chromium.
7. Essential amino acids.
8. Geriatric nutrition.
9. Iron and its RDA.
10. Regulation of food intake.

[LP 1521]

OCTOBER 2019

Sub. Code: 1521

THIRD B.N.Y.S. DEGREE EXAMINATION
PAPER VI – NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Define Food. Explain the Food group system with examples.
2. Explain the Macroscopic features, properties and uses of :
i) Lemon ii) Fig iii) Grapes

II. Write Notes on:

(10 x 5 = 50)

1. Note on Withania somnifera.
2. Calcium and its importance.
3. Note on Lathyrism.
4. Polyunsaturated Fattyacids.
5. Note on Liquorice.
6. Methods of Milk Pasteurization.
7. Note on Nutritional deficiency.
8. Folic acid-Sources and functions.
9. Effects of processing on nutritive value of foods.
10. Note on Balanced diet.

III. Short Answers on:

(10 x 2 = 20)

1. What is Weaning period?
2. Resistant starch.
3. Condiments and Spices.
4. Properties of ferula assafoetida.
5. Classify Nutrition.
6. List out Millets.
7. Advantages of Sprouting.
8. Food borne infections.
9. Emmenagogue and Cholagogue.
10. Fat soluble Vitamins.

[LQ 1521]

FEBRUARY 2020

Sub. Code: 1521

THIRD B.N.Y.S. DEGREE EXAMINATION
PAPER VI – NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Explain about Nutritional requirement during Pregnancy and Lactation.
2. Explain about : i) Jeera ii) Barley iii) Tulsi

II. Write Notes on:

(10 x 5 = 50)

1. Note on Nutrition and Immunity.
2. Note on Zingiber officinale.
3. Write on Nutritional education.
4. Non-nutrient food components.
5. Nutritive and therapeutic value of Lotus.
6. Note on Water balance in the body.
7. Nutritional programmes.
8. Factors influencing Basal Metabolic Rate.
9. Properties and uses of Emblica officinalis.
10. Write a note on nutritional diagnosis.

III. Short Answers on:

(10 x 2 = 20)

1. Nutritive value of Honey.
2. What is Xenobiotics?
3. Nutrients in Milk.
4. Vitamin B2 deficiency.
5. Iron rich foods.
6. Properties of Pomegranate.
7. Define Calorie.
8. What is Curcumin?
9. Dietary Fibre.
10. Composition of Starch.

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

[BNYS 0321]

MARCH 2021

Sub. Code: 1521

(MAY 2020 & AUGUST 2020 SESSION)

B.N.Y.S. DEGREE EXAMINATION

THIRD YEAR

PAPER VI – NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Write in detail about nutritional surveillance and growth monitoring.
2. (a) eclipta alba (b) acorus calamus (c) ferrula assa-foetida.

II. Write Notes on:

(10 x 5 = 50)

1. History of nutrition.
2. Macro nutrition-uses.
3. Advantages of curcuma longa.
4. Iodine deficiency diseases.
5. Infective and toxic agent in foods.
6. Food enrichments and fortification.
7. Herbal remedy for hypertension.
8. Write any five phytochemicals and its uses.
9. Advantages of nuts and oilseeds.
10. Factors affecting and influencing BMR.

III. Short Answers on:

(10 x 2 = 20)

1. Lycopene.
2. EPA and DHA.
3. Stress vitamins.
4. Balanced diet.
5. Two methods of cooking and its uses.
6. Ricinus communis.
7. Uses of ubiquinone.
8. Cruciferous vegetables and its uses.
9. Green tea – uses.
10. Aloe Vera and its uses.

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

[BNYS 1021]

**OCTOBER 2021
(OCTOBER 2020 SESSION)**

Sub. Code: 1521

**B.N.Y.S. DEGREE EXAMINATION
THIRD YEAR**

(For the candidates admitted from the academic year 2013-14)

PAPER VI – NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Write in detail about the causes of malnutrition, disease prevention and specific managements.
2. Write a notes on a) Azadirachta indica b) Withania somnifera c) Caica papaya.

II. Write Notes on:

(10 x 5 = 50)

1. Functions of Vitamin D.
2. Anthropometry assessment.
3. Anti nutritional factors.
4. Adverse effects of alchohol.
5. RDA for Pregnancy.
6. Mid- day meal Program.
7. Cuminum cyminum.
8. Adverse effects of using Plastic vessels.
9. Anemia and its management.
10. Determination of BMR.

III. Short Answers on:

(10 x 2 = 20)

1. Advantage of water.
2. Nelumbo nucifera.
3. Five food groups and Examples.
4. Referred Women and Men.
5. Nutritive value of Fenu greek.
6. Adverse effects of food additives.
7. Trans fat and Side effects.
8. Geriatric diet.
9. Use of dairy products.
10. Over nutrition.

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

[BNYS 0322]

**MARCH 2022
(FEBRUARY 2021 & MAY 2021 SESSIONS)**

Sub. Code: 1521

**B.N.Y.S. DEGREE EXAMINATION
THIRD YEAR**

(For the candidates admitted from the academic year 2011-12)

PAPER VI – NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Nutritional assessment methods – Explain.
2. Explain about: a) Curcuma Longa b) Punica granatum c) Ocimum sanctum.

II. Write Notes on:

(10 x 5 = 50)

1. Functions of Amino acids.
2. Essential fatty acids.
3. Resistant starch.
4. Tocopherol.
5. Functions of Phytochemicals.
6. Nutritional requirements during pregnancy.
7. Integrated child development services.
8. Importance of protective foods.
9. Nutrition and infection.
10. Effects of food adulteration.

III. Short Answers on:

(10 x 2 = 20)

1. Crude fibre.
2. Determination of BMR.
3. RDA – Nicotinic acid & Folic acid.
4. Biological value.
5. Water intoxication.
6. Galactagogue.
7. Uses of cumin.
8. Zeaxanthin.
9. Lauric acid.
10. Immuno modulating herbs.

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

[BNYS 0522]

MAY 2022

Sub. Code: 1521

(AUGUST 2021 & OCTOBER 2021 SESSIONS)

B.N.Y.S. DEGREE EXAMINATION

THIRD YEAR

(For the candidates admitted from the academic year 2011-12)

PAPER VI – NUTRITION AND HERBOLOGY

Q.P. Code : 821521

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Write in detail about Nutritional deficiency diseases. Preventive and curative approach.
2. Explain in detail about a) Moringa oleifera b) Piper longum c) Sesamum indicum.

II. Write Notes on:

(10 x 5 = 50)

1. Role of Folic acid and RDA during Pregnancy.
2. Endemic fluorosis and Prevention.
3. Osteoporosis and osteomalacia and RDA.
4. Medicinal uses of Allium Sativum.
5. Which fatty acids prevents coronary heart diseases?
6. Lathyrism and its prevention.
7. Niacin and Tryptophan.
8. Dietary antioxidants and its uses.
9. Any five biological value of protein food sources.
10. Functional assessment of nutritional diagnosis.

III. Short Answers on:

(10 x 2 = 20)

1. Bio nutrition.
2. Uses of carotenoids.
3. Glycemic index and types.
4. Body mass index and its classification.
5. Saturated fats and its examples.
6. Uses of cinnamon.
7. Biotin and its food sources.
8. Curcuma longa.
9. Phytates and tannins.
10. Uses of grape seed extract.

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

[BNYS 1022]

**OCTOBER 2022
(FEBRUARY 2022 & MAY 2022 SESSIONS)**

Sub. Code: 1521

**B.N.Y.S. DEGREE EXAMINATION
THIRD YEAR
(For the candidates admitted from the academic year 2011-12)
PAPER VI – NUTRITION & HERBOLOGY
Q.P. Code : 821521**

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Nutritional anaemia – Explain.
2. Write notes on
 - a) Benincasa hispida
 - b) Piper nigrum
 - c) Rauwolfia serpentina.

II. Write Notes on:

(10 x 5 = 50)

1. Body composition analysis.
2. Factors affecting RDA.
3. Metabolism of lipids.
4. Folacin.
5. Dietary goals.
6. Nutritional Anthropometry.
7. Geriatric nutrition.
8. Nutrient loss on cooking.
9. Adverse effect of alcohol.
10. Neurolathyism.

III. Short Answers on:

(10 x 2 = 20)

1. Calorie - define.
2. Anti oxidants.
3. Goitrogens.
4. Ariboflavinosis.
5. Niacin equivalent.
6. Pernicious anemia.
7. Food toxins.
8. Body mass index.
9. Uses of Allium sativum.
10. Quercetin.

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

[BNYS 0323]

MARCH 2023

Sub. Code: 1521

(AUGUST 2022 & OCTOBER 2022 EXAM SESSIONS)

B.N.Y.S. DEGREE EXAMINATION

THIRD YEAR

(For the candidates admitted from the academic year 2011-12)

PAPER VI – NUTRITION & HERBOLOGY

Q.P. Code: 821521

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Recommended Dietary Allowences for Indians as per ICMR - Explain.
2. A) Aloe Barbandensis B) Eclipta Alba C) Piper Nigrum

II. Write Notes on:

(10 x 5 = 50)

1. Food Pyramid.
2. Anti nutritional substances.
3. Importance of green leafy vegetables.
4. Folic acid.
5. Nutritional requirements during pregnancy.
6. Nutraceuticals.
7. Effect of heat on nutrients.
8. Nutritional anaemia.
9. Food born infections.
10. Nutritional anthropometry.

III. Short Answers on:

(10 x 2 = 20)

1. Fruit sugar.
2. Sources of Iron.
3. Benefits of beetroot.
4. Advantages of breast milk.
5. Therapeutic uses of turmeric.
6. Body mass index.
7. Deficiency and RDA of Riboflavin.
8. Ashwagantha – Constituents.
9. Black cumin seeds – Actions.
10. Monosodium glutamate.

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

[BNYS 0824]

**AUGUST 2024
(MAY 2024 EXAM SESSION)**

Sub. Code: 1521

**B.N.Y.S. DEGREE EXAMINATION
THIRD YEAR
(For the candidates admitted from the academic year 2011-12)
PAPER VI – NUTRITION & HERBOLOGY**

Q.P. Code: 821521

Time: Three Hours

Answer ALL questions

Maximum: 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail about the Nutritional basis of life in different age groups.
2. Explain the following herbs:
 - i. Digitalis lanata
 - ii. Salvia officinalis.
 - iii. Asparagus racemosus.

II. Write Notes on:

(10 x 5 = 50)

1. Dietary Guidelines.
2. Cyanocobalamin.
3. Adverse effects of chemicals in foods.
4. Disaster nutritional management.
5. Nutrition and immunity.
6. Milk and classification of milk products.
7. Glycemic Index.
8. Food contamination.
9. Honey.
10. Role of Vitamin A in vision.

III. Short Answers on:

(10 x 2 = 20)

1. Whey protein.
2. Avidin.
3. Wilson's disease.
4. Reference man.
5. BBP.
6. Free radicals.
7. Pectin.
8. Isoflavones.
9. Megaloblastic anemia.
10. Gluten.

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

[BNYS 1024]

**OCTOBER 2024
(JUNE 2024 EXAM SESSION)**

Sub. Code: 1521

**B.N.Y.S. DEGREE EXAMINATION
THIRD YEAR
(For the candidates admitted from the academic year 2011-12)
PAPER VI – NUTRITION & HERBOLOGY**

Q.P. Code: 821521

Time: Three Hours

Answer ALL questions

Maximum: 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail about Protein - Definition, function, classification, metabolism, sources, RDA and Consequences of excessive and low intake of Protein.
2. Explain about:
a) Digitalis Lanata b) Citrus Reticulata c) Plantago Indica.

II. Write Notes on:

(10 x 5 = 50)

1. Importance of dairy products in diet.
2. Effects of inadequate intake of carbohydrates and food sources of carbohydrates.
3. Nutritive value of Almonds and its benefits.
4. Health hazards of added chemicals in foods.
5. Sodium and its uses.
6. Sprouting and its advantages.
7. Phytochemicals and its importance.
8. Food contamination.
9. Factors affecting BMR.
10. Nutritional survey.

III. Short Answers on:

(10 x 2 = 20)

1. Enzyme.
2. Classification of vegetables.
3. Lactose.
4. Adverse effect of cooking.
5. Uses of millets.
6. Aspartame.
7. Nutritive value of tomato.
8. Adverse effect of Hydrogenated fats.
9. Education in nutrition.
10. Nutrition in adolescence.

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

[BNYS 0125]

**JANUARY 2025
(OCTOBER 2024 EXAM SESSION)**

Sub. Code: 1521

**B.N.Y.S. DEGREE EXAMINATION
THIRD YEAR**

(For the candidates admitted from the academic year 2011-12)

PAPER VI – NUTRITION & HERBOLOGY

Q.P. Code: 821521

Time: Three Hours

Answer ALL questions

Maximum: 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail about Dietary fibres.
Definition, Classification, Physiological and therapeutic effects.
2. Explain the following herbs:
 - i. Foeniculum vulgare.
 - ii. Lawsonia inermis.
 - iii. Sesamum indicum.

II. Write Notes on:

(10 x 5 = 50)

1. Food adulteration.
2. Metallic contamination.
3. Nutritional assessment.
4. Pulses.
5. Resistant starch.
6. Millets and its benefits.
7. Pigments present in vegetables.
8. Classification of essential fatty acids.
9. Osteoporosis and osteomalacia.
10. Nutrition in Adolescence.

III. Short Answers on:

(10 x 2 = 20)

1. Carotenoids.
2. Biotin.
3. Define Nutrition.
4. Lauric acid.
5. Water intoxication.
6. Phytate.
7. Lycopene.
8. Advantages of sprouting.
9. Pellagra.
10. Selenium.

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

[BNYS 0725]

**JULY 2025
(MAY 2025 EXAM SESSION)**

Sub. Code: 1521

**B.N.Y.S. DEGREE EXAMINATION
THIRD YEAR
(For the candidates admitted from the academic year 2011-12)
PAPER VI – NUTRITION & HERBOLOGY**

Q.P. Code: 821521

Time: Three Hours

Answer ALL questions

Maximum: 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Five food groups - Explain in detail.
2. Write notes on:
A) Azadirachta indica B) Citrus Aurantifolia C) Hordeum vulgare.

II. Write Notes on:

(10 x 5 = 50)

1. Body composition.
2. Factors influencing BMR.
3. Physiological effects of dietary fibre.
4. Nutritional importance of ascorbic acid.
5. Dietary goals.
6. Nutritional Anthropometry.
7. Nutritional requirement during pregnancy.
8. Food Adultation.
9. Adverse effect of alcohol.
10. Neurolathyris.

III. Short Answers on:

(10 x 2 = 20)

1. Bionutrition.
2. Anti oxidants.
3. Oxalates.
4. Megaloblastic anemia.
5. Niacin equivalent.
6. Balanced diet.
7. Food toxins.
8. Body mass index.
9. Uses of Allium cepa.
10. Quercetin.
