

# Question Paper

Exam Date & Time: 16-Feb-2024 (10:00 AM - 12:30 PM)



## MANIPAL ACADEMY OF HIGHER EDUCATION

FIFTH SEMESTER BSc. HEALTH SCIENCE DEGREE EXAMINATION - FEBRUARY 2024  
SUBJECT: BHS - 307- FUNDAMENTALS OF FOOD AND NUTRITION

Marks: 40

Duration: 120 mins.

Answer the following:

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| 1A) | Mention any four different factors affecting the basal metabolic rate. | (2) |
| 1B) | Mention the methods of nutritional assessment.                         | (2) |
| 1C) | Express the terms good nutrition and malnutrition.                     | (2) |
| 1D) | Define the term xerophthalmia.   | (2) |
| 1E) | Mention any two inhibiting and enhancing factors of iron.              | (2) |
| 1F) | Mention ANY FOUR signs of rickets.                                     | (2) |
| 2A) | Describe glycaemic load and glycaemic index.                           | (3) |
| 2B) | Explain the classification of protein                                  | (3) |
| 2C) | Explain fat as source of energy.                                       | (3) |
| 2D) | Mention the types of Vitamin K and their sources.                      | (3) |
| 2E) | Mention the three signs of riboflavin deficiency seen in the mouth     | (3) |
| 2F) | Define dental fluorosis.   | (3) |
| 3A) | Explain the basic food groups and their nutrients.                     | (5) |
| 3B) | Describe the deficiency symptoms of Thiamine.                          | (5) |

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