

FNTGCOR01T: FOOD&NUTRITION THEORY

1. Define : 2\*8=16

- a. food
- b. nutrition
- c. nutrients
- d. nutrition status
- e. dietetics
- f. balanced diet
- g. malnutrition
- h. energy

2. Discuss the functions and deficiency of: 10\*5

- a. carbohydrate
- b. protein
- c. fat
- d. vitamins and
- e. minerals

3. Discuss the functions of water. 5

4. Discuss the classification, sources, functions and deficiency of dietary fibre. 10

5. Define BMR. Discuss the factors affecting BMR. 2+10

6. Discuss the calculation of energy requirement of an individual. 10

7. Write short note on: 5\*3=15

- a. Nutritional anemia
- b. PEM
- c. Difference between kwashiorkor and marasmus

1. what do you know about basic 5 food groups. 10

2. What is the function of hormones and enzyme ? 10

3. role of hormones I carbohydrate metabolism. 10

4. short note – glycogenesis, glycolysis, gluconeogenesis, cori's cycle, krebs cycle, deamination, transamination, (5 each)

5. chemistry of carbohydrate proteins and fat. chemistry of vitamins and minerals. 10