

2020

Time : As in Programme

Full Marks : 60

The figures in the right-hand margin indicate marks.

*Answer from **all** the Parts as directed.*

Draw diagram wherever necessary.

Part – I

1. Fill in the blanks (any **four**) . 2×4 = 8
- (a) The thick, yellowish fluid secreted by mammary glands of female soon after delivery is called _____.
- (b) _____ are substances that protect our body cells against the effect of free radicals.
- (c) Indigestible polysaccharide with high fibre content that help in elimination of faeces are called _____ or dietary fibres.
- (d) _____ proteins are composed of simple protein combined with non-protein substance.

- (e) Xerophthalmia is caused due to deficiency of _____.
- (f) _____ is a form of severe malnutrition caused by deficiency of both protein and carbohydrate.

Part – II

2. Define any **four** of the following terms within two or three sentences each : 3×4 = 12
- (a) Nutrients
- (b) Phytochemicals
- (c) Compound lipids
- (d) Essential amino acids
- (e) Rickets
- (f) Endemic Goiter
- (g) Body Mass Index (BMI)

Part – III

3. Write notes on any **four** of the following within 50 words each : 4×4 = 16
- (a) Balance diet
- (b) Components of food
- (c) Mal-nutrition

- (d) Compound lipids
- (e) Biological functions of calcium
- (f) Kwashiorkor
- (g) Obesity

Part – IV

4. Answer **three** questions within **300** words each :

8×3 = 24

- (a) Discuss nutrient needs and dietary patterns of school going children.

OR

Discuss nutrient needs and dietary patterns of pregnant and nursing mothers.

- (b) Write in detail the classification, dietary source and role of carbohydrates.

OR

Discuss in detail the various fat-soluble vitamins, their dietary sources and importance.

- (c) What is diabetes mellitus ? Discuss its cause and its prevention (through dietary and lifestyle modifications).

OR

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(3)

(Turn over)

What is Acquired Immuno Deficiency Syndrome ? Describe their cause, prevention and treatments.

- (d) Describe in detail the various sources of potable water and its methods of purification at domestic level.

OR

Discuss the transmission, causative agent, sources of infection, symptoms and prevention of Poliomyelitis.



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