SRM VALLIAMMAI ENGINEERING COLLEGE

(An Autonomous Institution)

SRM Nagar, Kattankulathur – 603 203

DEPARTMENT OF MEDICAL ELECTRONICS

QUESTION BANK

VIII SEMESTER

1910802 - FUNDAMENTALS OF NUTRITION

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Prepared by

Mr. M.Selvaraj, Assistant Professor – Medical Electronics

SRM VALLIAMMAI ENGNIEERING COLLEGE
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UNIT – I: OVERVIEW OF NUTRITION

Definition, six classes of nutrients, calculating energy values from food, using the RDA, nutritional status, nutritional requirement, malnutrition, nutritional assessment of individuals and populations, dietary recommendations, Balanced diet planning: Diet planning principles, dietary guidelines; food groups, exchange lists, personal diet analysis.

PART A

Q.No	Questions	CO	BT Level	Domain
1	State the term nutrition.	CO1	BTL 1	Remembering
2	Specify the reasons and conditions for malnutrition in children.	CO1	BTL 2	Understanding
3	Define Health.	CO1	BTL 1	Remembering
4	Write about the uses of RDA.	CO1	BTL 1	Remembering
5	What is the RDA for energy and protein for a coal mine worker?	CO1	BTL 1	Remembering
6	State the significance and need for balanced diet.	CO1	BTL 1	Remembering
7	Write about energy in food and nutrition.	CO1	BTL 2	Understanding
8	Define term ‘reference women’.	CO1	BTL 2	Understanding
9	Relate how energy balance plays an important role in obesity.	CO1	BTL 2	Understanding
10	Categorize the different types of nutritional status in a person.	CO1	BTL 2	Understanding
11	Mention any two importance of RDA.	CO1	BTL 1	Remembering
12	Point out the importance of optimum nutrition.	CO1	BTL 2	Understanding
13	What are the symptoms of Bulimia Nervosa?	CO1	BTL 2	Understanding
14	Illustrate the methods to convert calorie to joule.	CO1	BTL 1	Remembering
15	Mention two clinical symptoms of kwashiorkor.	CO1	BTL 2	Understanding
16	Analyze the various methods to diagnose anorexia nervosa?	CO1	BTL 1	Remembering
17	Identify the six classes of nutrients in food.	CO1	BTL 2	Understanding
18	Compare the difference between undernutrition and malnutrition.	CO1	BTL 2	Understanding
19	Calculate the energy value of 30 gms pulses, 70 gms rice and 10 gms oil.	CO1	BTL 1	Remembering
20	Point out the sources of energy in the food we consume.	CO1	BTL 1	Remembering
21	List the two diseases caused due to the deficiency of proteins. What are their symptoms?	CO1	BTL 1	Remembering

22	Write a few words on nutrient intake recommendations.		**CO1**	**BTL 2**	**Understanding**
23	What is Joule?		**CO1**	**BTL 2**	**Understanding**
24	Express your views on optimum nutrition.		**CO1**	**BTL 2**	**Understanding**
	PART B				
1	Describe the uses of nutritional assessment.	**(13)**	**CO 1**	**BTL 3**	**Applying**
2	Explain the main causes of malnutrition.	**(13)**	**CO 1**	**BTL 3**	**Applying**
3	Examine the following conditions (i)Bulimia Nervosa. (ii)Anorexia Nervosa. (iii) Marasmus.	**(4)** **(4)** **(5)**	**CO1**	**BTL 3**	**Applying**
4	Explain about the significance of proteins and carbohydrates in detail.	**(13)**	**CO1**	**BTL 4**	**Analyzing**
5	Describe the importance of Fats and fiber in detail.	**(13)**	**CO 1**	**BTL 4**	**Analyzing**
6	Analyze the role of vitamins, minerals and water in our daily diet.	**(13)**	**CO 1**	**BTL 4**	**Analyzing**
7	Explain about the RDA for Indian nationals.	**(13)**	**CO 1**	**BTL 4**	**Analyzing**
8	Summarize about the nutrients requirement and recommended dietary allowances for Indians.	**(13)**	**CO 1**	**BTL 3**	**Applying**
9	Explain about balanced diet in detail.	**(13)**	**CO 1**	**BTL 3**	**Applying**
10	Describe the processing of cereal grains for human consumption.	**(13)**	**CO1**	**BTL 3**	**Applying**
11	Illustrate the nutrient content present in nuts and seeds.	**(13)**	**CO 1**	**BTL 3**	**Applying**
12	(i) Define Nutrition. (ii)Explain about the composition and processing of milk and its products.	**(2)** **(11)**	**CO 1**	**BTL 4**	**Analyzing**
13	Analyze the benefits and health aspects related to milk and milk products.	**(13)**	**CO 1**	**BTL 4**	**Analyzing**
14	Describe the benefits and nutrients offered by fish and seafood.	**(13)**	**CO 1**	**BTL 4**	**Analyzing**
15	Describe the importance of eggs in our daily diet.	**(13)**	**CO 1**	**BTL 3**	**Applying**
16	Explain the benefits and role of food additives.	**(13)**	**CO 1**	**BTL 3**	**Applying**
17	List and explain the different methods in nutritional assessment of individuals.	**(13)**	**CO 1**	**BTL 4**	**Analyzing**
	PART C				
1	Describe in detail the six classes of nutrients present in food.	**(15)**	**CO 1**	**BTL 3**	**Applying**

2	Summarize on the following protein-energy malnutrition conditions in young children: i) Nutritional marasmus ii)Kwashiorkor	 **(7)** **(8)**	**CO 1**	**BTL 4**	**Analyzing**
3	Write short notes on (i) Malnutrition (ii) RDA and (iii) Balanced Diet.	 **(5)** **(5)** **(5)**	**CO 1**	**BTL 3**	**Applying**
4	Outline the various methods in nutritional assessment of both individuals and populations	**(15)**	**CO 1**	**BTL 3**	**Applying**
5	Explain the term RDA and analyze in detail about the factors that affect RDA.	**(15)**	**CO 1**	**BTL 4**	**Analyzing**

UNIT – II: DIGESTION

Digestion, Absorption and Transport: Anatomy and physiology of the digestive tract, mechanical and chemical digestion, absorption of nutrients.

PART A

Q.No	Questions	CO	BT Level	Domain
1	List the digestive organs making up the alimentary canal.	**CO2**	**BTL 1**	**Remembering**
2	State the two main functions of the large intestine.	**CO2**	**BTL 1**	**Remembering**
3	Mention the major enzymes involved in digestion.	**CO2**	**BTL 1**	**Remembering**
4	Write about the functions of the accessory organs.	**CO2**	**BTL 1**	**Remembering**
5	Which glands are associated with the alimentary canal?	**CO2**	**BTL 2**	**Understanding**
6	Differentiate between absorption and digestion.	**CO2**	**BTL 2**	**Understanding**
7	State the process of peristalsis.	**CO2**	**BTL 2**	**Understanding**
8	The stomach epithelium secretes several substances, including alkaline mucus and intrinsic factor. What is the function of each of these two secretions?	**CO2**	**BTL 1**	**Remembering**
9	Why is it necessary for the stomach contents to be so acidic?	**CO2**	**BTL 2**	**Understanding**
10	Specify the composition of saliva and list its functions.	**CO2**	**BTL 2**	**Understanding**
11	Give a brief note on the functions of Liver.	**CO2**	**BTL 2**	**Understanding**
12	Which organ is responsible for absorption of nutrients?	**CO2**	**BTL 1**	**Remembering**
13	Mention the functions of the stomach.	**CO2**	**BTL 1**	**Remembering**
14	What is the role of HCL in the stomach?	**CO2**	**BTL 2**	**Understanding**
15	Analyze the various functions of bile.	**CO2**	**BTL 2**	**Understanding**
16	State the term chyle.	**CO2**	**BTL 2**	**Understanding**
17	Identify the condition when waste or stool moves too slowly through the digestive tract and state its causes.	**CO2**	**BTL 2**	**Understanding**
18	What are the symptoms of poor digestion?	**CO2**	**BTL 1**	**Remembering**
19	List the enzymes that are involved in the breakdown of nucleotides into bases and sugars.	**CO2**	**BTL 1**	**Remembering**
20	Point out the process of elimination.	**CO2**	**BTL 1**	**Remembering**
21	Define the term Digestion.	**CO2**	**BTL 1**	**Remembering**
22	How does the stomach process food?	**CO2**	**BTL 2**	**Understanding**

23	Write few points on villi, and why are they important?		**CO2**	**BTL 2**	**Understanding**
24	Name the four layers of the gastrointestinal tract.		**CO2**	**BTL 1**	**Remembering**
	PART B				
1	(i) List different organs present in the alimentary canal. Mention their anatomy. (ii) Define the anatomical structures that supports digestion by being an accessory organ.	**(5)** **(8)**	**CO2**	**BTL 3**	**Applying**
2	What are the key functions of digestive system? Describe in detail.	**(13)**	**CO2**	**BTL 4**	**Analyzing**
3	(i) Outline the steps involved in the gastrointestinal processes and control. (ii) With a flow chart, summarize the digestion and absorption of foodstuffs at different level.	**(8)** **(5)**	**CO2**	**BTL 3**	**Applying**
4	Explain how villi aid digestive processes in the small intestine	**(13)**	**CO2**	**BTL 3**	**Applying**
5	Write short notes on the anatomy of the liver and gall bladder.	**(13)**	**CO2**	**BTL 4**	**Analyzing**
6	Compare and contrast the working mechanism of carbohydrate metabolism and fat metabolism.	**(13)**	**CO2**	**BTL 4**	**Analyzing**
7	Explain the homeostatic relationship between the digestive system and other body systems. State how digestive system enriches other systems.	**(13)**	**CO2**	**BTL 3**	**Applying**
8	Write short notes on the anatomy and physiology of the esophagus.	**(13)**	**CO2**	**BTL 3**	**Applying**
9	Give a detailed account on pancreas.	**(13)**	**CO2**	**BTL 4**	**Analyzing**
10	Analyze and write about the functions of the liver.	**(13)**	**CO2**	**BTL 4**	**Analyzing**
11	Elaborate the role of gall bladder in the human body.	**(13)**	**CO2**	**BTL 4**	**Analyzing**
12	Describe the functions of large intestine.	**(13)**	**CO2**	**BTL 4**	**Analyzing**
13	Explain briefly on the structure and function of the oral cavity.	**(13)**	**CO2**	**BTL 3**	**Applying**
14	Write short notes on the anatomy of pancreas.	**(13)**	**CO2**	**BTL 4**	**Analyzing**
15	Describe briefly on the following: i) Liver. ii) Gall Bladder.	**(6)** **(7)**	**CO2**	**BTL 3**	**Applying**
16	What is Bile? Write about some of the diseases of the gallbladder.	**(13)**	**CO2**	**BTL 4**	**Analyzing**
17	Summarize on some of the diseases and conditions of the stomach.	**(13)**	**CO2**	**BTL 3**	**Applying**
	PART C				

1	Summarize briefly about the following organs: (i). Liver. (ii). Pancreas. (iii). Stomach.	**(5)** **(5)** **(5)**	**CO 2**	**BTL 4**	**Analyzing**
2	Outline the entire process of digestion and absorption in the human body.	**(15)**	**CO 2**	**BTL 3**	**Applying**
3	Explain about the neural regulation involved in the coordination of digestive process.	**(15)**	**CO 2**	**BTL 3**	**Applying**
4	Illustrate about the structure and functions of any two accessory organs.	**(15)**	**CO 2**	**BTL 4**	**Analyzing**
5	Describe the anatomy of esophagus along with the possible disease conditions which can occur in the esophagus.	**(15)**	**CO 2**	**BTL 4**	**Analyzing**

UNIT III: CARBOHYDRATES

Glycemic and Non-glycemic carbohydrates, blood glucose regulation, recommendations of sugar intake for health, health effects of fiber and starch intake, Artificial sweeteners; Importance of blood sugar regulation, Dietary recommendations for NIDDM and IDDM.

PART A

Q.No	Questions	CO	BT Level	Domain
1	Define monosaccharides.	**CO3**	**BTL 1**	**Remembering**
2	List the three types of simple carbohydrates.	**CO3**	**BTL 1**	**Remembering**
3	Point out the role of carbohydrates in our body.	**CO3**	**BTL 2**	**Understanding**
4	Mention how carbohydrates are digested in our body.	**CO3**	**BTL 2**	**Understanding**
5	State the term simple carbohydrates and give few examples.	**CO3**	**BTL 1**	**Remembering**
6	What are carbohydrates?	**CO3**	**BTL 1**	**Remembering**
7	Write about the term Oligosaccharides.	**CO3**	**BTL 2**	**Understanding**
8	Name some bad carbohydrates that are harmful to the body.	**CO3**	**BTL 2**	**Understanding**
9	How complex carbohydrates are different from simple carbohydrates?	**CO3**	**BTL 2**	**Understanding**
10	Identify a few sources of carbohydrates.	**CO3**	**BTL 2**	**Understanding**
11	Mention the effects of high blood sugar in human body.	**CO3**	**BTL 1**	**Remembering**
12	How are the carbohydrates important to our body?	**CO3**	**BTL 1**	**Remembering**
13	Write few words on disaccharides with examples.	**CO3**	**BTL 1**	**Remembering**
14	Categorize the different types of carbohydrates based on its structure.	**CO3**	**BTL 2**	**Understanding**
15	Analyze the functions of carbohydrates.	**CO3**	**BTL 2**	**Understanding**
16	Categorize between glycemic and non-glycemic carbohydrates.	**CO3**	**BTL 2**	**Understanding**
17	Mention the role of artificial sweeteners.	**CO3**	**BTL 2**	**Understanding**
18	Distinguish between good carbohydrates and bad carbohydrates.	**CO3**	**BTL 1**	**Remembering**
19	How are monosaccharides further classified?	**CO3**	**BTL 1**	**Remembering**
20	Give an account on the benefits of fiber intake.	**CO3**	**BTL 1**	**Remembering**
21	Why should blood sugar be managed?	**CO3**	**BTL 1**	**Remembering**
22	State the term glycemic Index.	**CO3**	**BTL 2**	**Understanding**
23	Enlist the dietary recommendations for NIDDM.	**CO3**	**BTL 1**	**Remembering**
24	Mention the importance of blood sugar regulation.	**CO3**	**BTL 2**	**Understanding**

PART B					
1	Write about the types of carbohydrates according to their structures. Mention the effects of too high and too low intake of carbohydrates.	**(13)**	**CO 3**	**BTL 3**	**Applying**
2	Describe the different levels of glycemic index.	**(13)**	**CO 3**	**BTL 3**	**Applying**
3	Mention the various factors influencing the GI ranking.	**(13)**	**CO 3**	**BTL 4**	**Analyzing**
4	Write short notes on glycemic index and glycemic load.	**(13)**	**CO 3**	**BTL 3**	**Applying**
5	Elaborate on how blood glucose is regulated in the human body.	**(13)**	**CO 3**	**BTL 4**	**Analyzing**
6	Examine the factors maintaining blood glucose.	**(13)**	**CO 3**	**BTL 4**	**Analyzing**
7	Discuss on how much sugar consumption is required for a healthy diet.	**(13)**	**CO 3**	**BTL 3**	**Applying**
8	Explain the health risks associated with high sugar consumption in our daily diet.	**(13)**	**CO 3**	**BTL 3**	**Applying**
9	Compare the benefits of a high fiber diet to a low fiber diet.	**(13)**	**CO 3**	**BTL 3**	**Applying**
10	Write short notes on dietary fiber and its types.	**(13)**	**CO 3**	**BTL 4**	**Analyzing**
11	Illustrate the advantages and disadvantages of sugar substitutes.	**(13)**	**CO 3**	**BTL 4**	**Analyzing**
12	Examine the role of artificial sweeteners and write about any two sugar substitutes in detail.	**(13)**	**CO 3**	**BTL 4**	**Analyzing**
13	Classify carbohydrates and describe its storage, sources and functions.	**(13)**	**CO 3**	**BTL 3**	**Applying**
14	Explain about the health benefits and risks associated with stevia.	**(13)**	**CO 3**	**BTL 4**	**Analyzing**
15	Write briefly on how insulin and glucagon regulate blood sugar.	**(13)**	**CO 3**	**BTL 3**	**Applying**
16	What are the symptoms and causes of insulin-dependent diabetes mellitus? Briefly mention the various treatments available for it.	**(13)**	**CO 3**	**BTL 4**	**Analyzing**
17	Summarize on the causes and symptoms of non-insulin-dependent diabetes mellitus.	**(13)**	**CO 3**	**BTL 3**	**Applying**
PART C					
1	Write the following in detail along with its symptoms: (i) Non-insulin-dependent diabetes mellitus. (ii) Insulin-dependent diabetes mellitus.	**(8)** **(7)**	**CO 3**	**BTL 3**	**Applying**
2	Summarize the different types of carbohydrates based on its structure and write a few words on glycemic index	**(15)**	**CO 3**	**BTL 3**	**Applying**
3	Describe the changes which occur in the body to regulate blood glucose.	**(15)**	**CO 3**	**BTL 4**	**Analyzing**
4	Give a detailed account on the different types of artificial sweeteners used as sugar substitutes.	**(15)**	**CO 3**	**BTL 4**	**Analyzing**

5	Explain the impacts of fiber and starch consumption on health.	**(15)**	**CO 3**	**BTL 4**	**Analyzing**

UNIT IV: PROTEINS & LIPIDS

Proteins; Food enzymes; Texturized proteins; Food sources, functional role and uses in foods. Review of structure, composition & nomenclature of fats. Non-glyceride components in fats & oils; Fat replacements; Food sources, functional role and uses in foods. Health effects and recommended intakes of lipids. Recommended intakes of proteins, Deficiency- short term and long-term effects.

PART A

Q.No	Questions	CO	BT Level	Domain
1	Where does protein synthesis take place?	**CO4**	**BTL 2**	**Understanding**
2	What is a protein?	**CO4**	**BTL 1**	**Remembering**
3	State the functions of proteins.	**CO4**	**BTL 2**	**Understanding**
4	How is protein stored in the body?	**CO4**	**BTL 1**	**Remembering**
5	Mention the conditions caused due to protein deficiency.	**CO4**	**BTL 2**	**Understanding**
6	Write short notes on the structure of proteins.	**CO4**	**BTL 2**	**Understanding**
7	Define essential and non-essential amino acids.	**CO4**	**BTL 1**	**Remembering**
8	State the term polypeptides.	**CO4**	**BTL 1**	**Remembering**
9	Mention some examples of protein food.	**CO4**	**BTL 2**	**Understanding**
10	Identify the properties of Enzymes.	**CO4**	**BTL 2**	**Understanding**
11	Write the different types of unsaturated fats.	**CO4**	**BTL 1**	**Remembering**
12	Illustrate the difference between polypeptide and proteins.	**CO4**	**BTL 1**	**Remembering**
13	Show the uses of fats in the human body.	**CO4**	**BTL 1**	**Remembering**
14	Mention briefly on saturated fats.	**CO4**	**BTL 2**	**Understanding**
15	What are fat replacers?	**CO4**	**BTL 1**	**Remembering**
16	List some sources of fat.	**CO4**	**BTL 1**	**Remembering**
17	Define unsaturated fatty acids with examples.	**CO4**	**BTL 2**	**Understanding**
18	State the functions of fats in the human body.	**CO4**	**BTL 1**	**Remembering**
19	Distinguish between saturated and unsaturated fatty acids.	**CO4**	**BTL 2**	**Understanding**
20	Analyze the recommended intake of fats.	**CO4**	**BTL 2**	**Understanding**
21	Define saturated fatty acids with examples.	**CO4**	**BTL 1**	**Remembering**
22	Specify the four types of proteins.	**CO4**	**BTL 2**	**Understanding**
23	Write about the short-term effects of protein deficiency.	**CO4**	**BTL 2**	**Understanding**
24	Point out the long-term effects caused due to protein deficiency.	**CO4**	**BTL 2**	**Understanding**

PART B

1	Explain the classification of proteins based on its structure.	**(13)**	**CO 4**	**BTL 4**	**Analyzing**
2	Analyze and write the process of creating textured vegetable protein.	**(13)**	**CO 4**	**BTL 4**	**Analyzing**
3	What are the uses of textured proteins? Write briefly on their applications.	**(13)**	**CO 4**	**BTL 3**	**Applying**
4	Elaborate about the sources of protein in food.	**(13)**	**CO 4**	**BTL 4**	**Analyzing**
5	Write about the structure, composition & nomenclature of fats.	**(13)**	**CO 4**	**BTL 3**	**Applying**
6	Explain source, composition, function and deficiency of protein.	**(13)**	**CO 4**	**BTL 3**	**Applying**

7	Give the uses and side effects of glycerol.	**(13)**	**CO 4**	**BTL 3**	**Applying**
8	Write short notes on the types and properties of enzymes.	**(13)**	**CO 4**	**BTL 3**	**Applying**
9	Describe the following: (i) Unsaturated fats (ii) Saturated fats and (iii) Trans-fat.	**(13)**	**CO 4**	**BTL 4**	**Analyzing**
10	Summarize about the use of fat substitutes along with its types.	**(13)**	**CO 4**	**BTL 3**	**Applying**
11	Explain saturated fatty acids and give examples of its sources.	**(13)**	**CO 4**	**BTL 4**	**Analyzing**
12	Classify fats and oils & elaborate on composition, food sources and its functions.	**(13)**	**CO 4**	**BTL 4**	**Analyzing**
13	Summarize about the recommended dietary protein intake and its effect on human health.	**(13)**	**CO 4**	**BTL 4**	**Analyzing**
14	What causes protein deficiency? Explain the long-term effects associated with it.	**(13)**	**CO 4**	**BTL 3**	**Applying**
15	Describe the recommended lipid intake and its importance in maintaining health.	**(13)**	**CO 4**	**BTL 3**	**Applying**
16	Write short notes on the symptoms associated with protein deficiency.	**(13)**	**CO 4**	**BTL 4**	**Analyzing**
17	Explain the diseases caused due to high intake of fats.	**(13)**	**CO 4**	**BTL 3**	**Applying**
	PART C				
1	Describe the different types of proteins based on its structure and write a few lines on texturized proteins.	**(15)**	**CO 4**	**BTL 4**	**Analyzing**
2	Summarize the long-term and short-term effects of protein deficiency.	**(15)**	**CO 4**	**BTL 4**	**Analyzing**
3	Explain the causes, symptoms and remedy for high cholesterol.	**(15)**	**CO 4**	**BTL 3**	**Applying**
4	Write short notes on: (i) Function of proteins. (ii) Function of fats.	**(8)** **(7)**	**CO 4**	**BTL 3**	**Applying**
5	What are the different types of fats based on its structure? Mention the recommended lipid intake.	**(15)**	**CO 4**	**BTL 3**	**Applying**

UNIT – V: METABOLISM, ENERGY BALANCE AND BODY COMPOSITION

Energy Balance; body weight and body composition; health implications; obesity, BMR and BMI calculations; Weight Control: Fat cell development; hunger, satiety and satiation; dangers of unsafe weight loss schemes; treatment of obesity; attitudes and behaviors toward weight control. Food and Pharmaceutical grades; toxicities, deficiencies, factors affecting bioavailability, Stability under food processing conditions.

PART A

Q.No	Questions	CO	BT Level	Domain
1	What is energy balance?	**CO5**	**BTL 1**	**Remembering**
2	Mentions the ways to maintain energy balance.	**CO5**	**BTL 1**	**Remembering**

3	Name the different measurement metrics to measure body fat.		**CO5**	**BTL 1**	**Remembering**
4	List down different health implications of obesity.		**CO5**	**BTL 1**	**Remembering**
5	Write about body composition and the factors influencing body composition.		**CO5**	**BTL 2**	**Understanding**
6	Identify the risks of being overweight.		**CO5**	**BTL 2**	**Understanding**
7	State the main causes of obesity.		**CO5**	**BTL 2**	**Understanding**
8	Define BMR.		**CO5**	**BTL 1**	**Remembering**
9	How to calculate BMI?		**CO5**	**BTL 2**	**Understanding**
10	Draw the cycle of dieting.		**CO5**	**BTL 2**	**Understanding**
11	Analyze the factors contributing for weight control.		**CO5**	**BTL 2**	**Understanding**
12	Name the bio chemical involved in the fat cell development.		**CO5**	**BTL 1**	**Remembering**
13	Mention the factors influencing the fat cell development.		**CO5**	**BTL 1**	**Remembering**
14	Define the term hunger and list the causes for it.		**CO5**	**BTL 2**	**Understanding**
15	Point out what steps can be carried out to eliminate hunger globally.		**CO5**	**BTL 1**	**Remembering**
16	Mention your views on satiety.		**CO5**	**BTL 2**	**Understanding**
17	How does satiation help in weight management?		**CO5**	**BTL 2**	**Understanding**
18	Show the effects of unsafe weight loss schemes.		**CO5**	**BTL 1**	**Remembering**
19	Classify different types of weight loss schemes.		**CO5**	**BTL 1**	**Remembering**
20	Write down the various weight control techniques.		**CO5**	**BTL 1**	**Remembering**
21	Give the role of Food grade and pharmaceutical grade.		**CO5**	**BTL 1**	**Remembering**
22	Mention the different types of food adulteration.		**CO5**	**BTL 2**	**Understanding**
23	Point out the different international food standards.		**CO5**	**BTL 2**	**Understanding**
24	Mention about nutrition toxicities and its effects.		**CO5**	**BTL 2**	**Understanding**
	PART B				
1	(i) Describe about the energy balance and its types. (ii) How can energy balance be maintained?	**(6)** **(7)**	**CO 5**	**BTL 3**	**Applying**
2	Explain in detail about (i) Body weight. (ii) Body composition and its evaluation.	**(6)** **(7)**	**CO 5**	**BTL 4**	**Analyzing**
3	List out different health implications of obesity and explain the condition in detail.	**(13)**	**CO 5**	**BTL 3**	**Applying**
4	What are the factors contributing to the fat cell development?	**(13)**	**CO 5**	**BTL 3**	**Applying**
5	(i) Write short notes on BMR, its measuring technique and factors affecting BMR. (ii) Mention about BMI and its significance.	**(6)** **(7)**	**CO 5**	**BTL 4**	**Analyzing**
6	Summarize briefly about the weight control.	**(13)**	**CO 5**	**BTL 4**	**Analyzing**
7	Elaborate about obesity, its causes and complications.	**(13)**	**CO 5**	**BTL 3**	**Applying**
8	Explain briefly about hunger and various causes of hunger with example.	**(13)**	**CO 5**	**BTL 3**	**Applying**
9	Analyze and write short notes on satiety and satiation.	**(13)**	**CO 5**	**BTL 4**	**Analyzing**
10	Identify the dangers of unsafe weight loss schemes.	**(13)**	**CO 5**	**BTL 4**	**Analyzing**
11	Explain the term obesity and write briefly on the treatment for obesity.	**(13)**	**CO 5**	**BTL 3**	**Applying**

12	Examine the various attitudes and behaviours toward weight control.	**(13)**	**CO 5**	**BTL 3**	**Applying**
13	(i)Discuss on the different international food grades and its role in food safety. (ii)Explain briefly about pharmaceutical grades?	**(7)** **(6)**	**CO 5**	**BTL 3**	**Applying**
14	Write short notes on food toxicities and nutrition deficiency.	**(13)**	**CO 5**	**BTL 4**	**Analyzing**
15	Explain the steps involved in the calculation of BMI and BMR and its inferences towards the health conditions.	**(13)**	**CO 5**	**BTL 3**	**Applying**
16	Describe briefly about bioavailability and various factors affecting bioavailability.	**(13)**	**CO 5**	**BTL 4**	**Analyzing**
17	Elaborately discuss about the stability under food processing conditions.	**(13)**	**CO 5**	**BTL 3**	**Applying**
	PART C				
1	Summarize briefly about the following: i) Weight Control techniques ii) Fat cell development iii) hunger iv) satiety and satiation	**(4)** **(4)** **(4)** **(3)**	**CO 5**	**BTL 3**	**Applying**
2	Outline the entire process of calculation of the following and summarize its significance. (i) BMI (ii) BMR	**(7)** **(8)**	**CO 5**	**BTL 4**	**Analyzing**
3	Examine the following in detail: (i) Stability under food processing conditions. (ii) Factors affecting bioavailability.	**(7)** **(8)**	**CO 5**	**BTL 3**	**Applying**
4	Give a detailed account on the following: (i) Treatment for obesity. (ii) Attitudes and behaviours toward weight control.	**(8)** **(7)**	**CO 5**	**BTL 3**	**Applying**
5	Explain elaborately the following (i) Body weight and body composition. (ii) Health implications of Obesity.	**(8)** **(7)**	**CO 5**	**BTL 4**	**Analyzing**