

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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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
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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