

U.G. 4th Semester Examination - 2020**FOOD & NUTRITION****[HONOURS]****Course Code : F&N(H)CC-T-10**

Full Marks : 40

Time : 2½ Hours

*The figures in the right-hand margin indicate marks.**Candidates are required to give their answers in their own words as far as practicable.*

1. Answer any **five** questions: 2×5=10
- a) Mention the cut off BMI value for pre-obese.
 - b) Define malnutrition.
 - c) What is Binge eating?
 - d) State two important risk factors for Diabetes Mellitus.
 - e) Why folate supplementation poses a risk factor for the cancer sufferers?
 - f) Give two symptoms of kidney failure.
 - g) Why table salt consumption is considered a risk factor for the hypertensive?
 - h) Why LDL is called bad cholesterol?

2. Answer any **two** questions : 5×2=10
- a) Mention the signs and symptoms of Diabetes Mellitus.
 - b) What are the risk factors for type-I and type-II Diabetes?
 - c) Give the distribution of macronutrients in a diabetic diet plan.
 - d) What are dietary fibers? Name few food sources of dietary fibers.
3. Answer any **two** questions : 10×2=20
- a) Give a brief review of lipoproteins.
 - b) Discuss the etiology, prime risk factors, symptoms and dietary management of hypertension.
 - c) What kind of dietary care should be recommended in ischemic heart disease and hyperlipidemia?
 - d) 'Obesity is a kind of malnutrition' – Explain mentioning the predisposing factors and it's all round management.
- _____