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B.M.S COLLEGE FOR WOMEN
BENGALURU – 560004

I SEMESTER END EXAMINATION – JAN/FEB- 2024

B.Sc CND: FUNDAMENTALS OF NUTRITION
(NEP Scheme 2021-22 onwards F +R)

Course Code: CND1DSC01

Duration: 2 ½ Hours

QP Code: 1041

Max. Marks: 60

Instructions: All parts are compulsory

PART - A

I. Answer any FOUR of the following

(4X2=8)

1. Define the term Nutrition.
2. Answer the following:
 - i. What is the normal BMI of an adult?
 - ii. Waist-to-hip circumference measurement is considered to be a better alternative to determine body fat than the BMI score- True / False
3. Write the formula for BMR in men.
4. What is menu planning.
5. Mention the direct methods of nutrition assessment.
6. Combination cooking method is a widely used excellent cooking method. Why?

PART - B

II. Answer any FOUR of the following

(4X5=20)

1. Comment on the use of RDA in nutrition
2. My plate focuses on balanced and nutritious meals. Discuss
3. How is body composition best improved?
4. Write a short note on the factors affecting energy requirements.
5. Explain the food choices based on cognitive influences.

6. Substantiate how fermentation and germination will enhance the nutritive value of food.

PART - C

III. Answer any FOUR of the following

(4X8=32)

1. Explain any four dietary guidelines for Indians.
2. Add a descriptive note on the physiological, psychological, and social functions of food.
3. Illustrate the methods of measuring energy expenditure.
4. Describe the following: a. Factors affecting the thermic effect of food; b. Factors affecting BMR.
5. List and discuss the preliminary processing methods of food. Add a note on its significance.
6. Discuss the following methods of cooking considering their advantages and disadvantages: Pressure cooking, frying.

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