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[Total No. of Questions: 8 ]

[Total No. of Printed Pages : 2]

Enroll No.....

**BHM-107**

**BHMCT –I Semester (Reg./Ex)**

**Examination, March-2021**

**Introduction to Nutrition**

***Time: Three Hours***

**Maximum Marks: 50**

Q.7 What are the effects on Nutrients while --

- (a) Storage.
- (b) Pre--preparation.
- (c) cooking.

Q.8 Write short notes --

- (a) Calories
- (b) Five food groups.
- (c) Mineral Deficiency

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**Note:** Attempt any five questions. (Each question carries equal marks)

Q.1 Definition of Nutrition. Importance of Nutrition.

Q.2 Write the role of food in our life. What is recommended dietary intake (rdi).

Q.3 Explain the functions of carbohydrates in our body.

Q.4 Describe the importance of Vitamins and Mineral for our body with examples.

Q.5 Write short notes --

- (a) Proteins
- (b) Fats.

Q.6 What is the concept of balanced diet? Plan a balanced diet of an Adult.