

Roll No.

Total No. of Pages : 02

Total No. of Questions : 09

**B.Sc. (Nutrition and Dietetics) (Sem.-3)
NUTRACEUTICALS, FUNCTIONAL FOODS & NUTRIGENOMICS**

Subject Code : BSND-217-18

M.Code : 78545

Date of Examination : 15-12-2023

Time : 3 Hrs.

Max. Marks : 60

INSTRUCTIONS TO CANDIDATES :

1. SECTION-A is COMPULSORY consisting of TEN questions carrying TWO marks each.
2. SECTION-B contains FIVE questions carrying FIVE marks each and students have to attempt any FOUR questions.
3. SECTION-C contains THREE questions carrying TEN marks each and students have to attempt any TWO questions.

SECTION-A

1. Write briefly :

- a) Nutraceuticals
- b) Peptides
- c) Free radicals
- d) Probiotics
- e) Any FOUR food sources of dietary fibre
- f) Oil seeds as a functional food
- g) Proteomics
- h) Nutraceuticals for good heart
- i) Gene expression
- j) Nucleotides.

SECTION-B

2. Throw light on the role of nutraceuticals to relieve stress.
3. Explain the usefulness of omega 3 fatty acids and carotenoids in diet.
4. Give an overview of fruits and vegetables as functional foods.
5. Write a note on prebiotics, its types and health benefits.
6. Explain the concept of epigenetics.

SECTION-C

7. Write a detailed note on types, scope and need of nutraceuticals.
8. Write notes on :
 - a) Effects of processing and storage of functional foods
 - b) Various beverages as functional drinks
9. Explain the role of nutrigenomics with :
 - a) Diabetes
 - b) Obesity.

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B.Sc. (Nutrition and Dietetics) (Sem.-3)

HEALTH, HYGIENE AND SANITATION

Subject Code : BSND213-18

M.Code : 78541

Date of Examination : 13-12-2023

Time : 3 Hrs.

Max. Marks : 60

INSTRUCTIONS TO CANDIDATES :

1. SECTION-A is **COMPULSORY** consisting of **TEN** questions carrying **TWO** marks each.
2. SECTION-B contains **FIVE** questions carrying **FIVE** marks each and students have to attempt any **FOUR** questions.
3. SECTION-C contains **THREE** questions carrying **TEN** marks each and students have to attempt any **TWO** questions.

SECTION-A

1. Write briefly :

- a) What do you mean by hygiene?
- b) How are the diseases caused?
- c) What is ventilation?
- d) How do the rodents cause the diseases?
- e) What is soil impurity?
- f) What is food poisoning?
- g) What is kitchen hygiene?
- h) How can food borne diseases be controlled?
- i) What are the effects of air pollution?
- j) What is immunization?

SECTION-B

2. What are communicable diseases how can they be prevented from spreading?
3. What is air pollution and the causes of air pollution?
4. How can kitchen hygiene be maintained?
5. What are the benefits of good ventilation?
6. What do you mean by water contamination? How can the water be made pure?

SECTION-C

7. Define Good health? What are the characteristics of the good health and factors affecting it?
8. What are infectious diseases? How can a person prevent and control them?
9. What are the symptoms of Food Poisoning and steps of prevention?

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B.Sc. (N&D) (Sem.-3)
COMMUNITY NUTRITION
Subject Code : BSND212-18
M.Code : 78540
Date of Examination : 11-12-2023

Time : 3 Hrs.

Max. Marks : 60

INSTRUCTIONS TO CANDIDATES :

1. SECTION-A is COMPULSORY consisting of TEN questions carrying TWO marks each.
2. SECTION-B contains FIVE questions carrying FIVE marks each and students have to attempt any FOUR questions.
3. SECTION-C contains THREE questions carrying TEN marks each and students have to attempt any TWO questions.

SECTION-A

1. Write briefly :
 - a) Nutrition
 - b) WHO
 - c) Balanced diet
 - d) Morbidity
 - e) Kwashiorkor
 - f) Vital Statistics
 - g) Vitamin D deficiency
 - h) Malnutrition
 - i) Nutrition education programme
 - j) Iodine deficiency disorder.

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SECTION-B

2. Briefly explain role of Food and Nutrition Board (FNB) and WHO.
3. Write a note on National and Global nutrition programme.
4. How does blood sample assist in collecting nutritional status of an individual?
5. How can you measure food consumption of an individual?
6. Explain the purpose of diet survey and different types of diet surveys.

SECTION-C

7. Briefly explain the role of Community kitchen in combating malnutrition.
8. Explain in detail about the role of UNICEF's in India in terms of nutrition and policies.
9. Write down a brief note on Major Nutritional problems prevalent in India and Punjab.

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B.Sc. (N&D) (Sem.-3)
NORMAL AND THERAPEUTIC NUTRITION

Subject Code : BSND-211-18

M.Code : 78539

Date of Examination : 08-12-2023

Time : 3 Hrs.

Max. Marks : 60

INSTRUCTIONS TO CANDIDATES :

1. SECTION-A is COMPULSORY consisting of TEN questions carrying TWO marks each.
2. SECTION-B contains FIVE questions carrying FIVE marks each and students have to attempt any FOUR questions.
3. SECTION-C contains THREE questions carrying TEN marks each and students have to attempt any TWO questions.

SECTION-A

I. Write briefly :

- a) Food
- b) Nutrients
- c) RDA
- d) Full form of TPN and PPN
- e) Galactogogues
- f) Colostrum
- g) Why does iron requirement increase in adolescents?
- h) Full form of NAFLD
- i) List the Causes of constipation
- j) HbA1C.

SECTION-B

2. Discuss the factors influencing food habits.
3. Throw light on the food habits of nutritional requirements of school going children.
4. Write a note on the symptoms and dietary management of patient suffering from diarrhea.
5. Amar has acute pain in his gut when he has milk. What could be the issue? Discuss.
6. Write a note on the modifications of a normal diet to therapeutic diet.

SECTION-C

7. Write a detailed note on the physiological changes and dietary management of a pregnant lady.
8. Discuss the causes symptoms and dietary management of peptic ulcers.
9. Write a detailed note on causes, symptoms and dietary management of any ONE:
 - a) Diabetes
 - b) Obesity

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