

3-1-104

**SUBJECT: CLINICAL NUTRITION & DEITIES**  
**SEMESTER-I**  
**PAPER: BASIC NUTRITION /**

**Unit I**

Definition and introduction to nutrition-good nutrition and mal nutrition Macro Nutrients - Classification, digestion, absorption, functions, dietary sources, RDA, clinical manifestations of deficiency and excess and storage in the body of the following in brief: Energy, Carbohydrates, lipids and proteins

**Unit II**

Classification, digestion, absorption, functions, dietary sources, RDA, clinical manifestations of deficiency and excess of the following in brief:

- 1) Fat soluble vitamins-A, D, E and K
- 2) Water soluble vitamins - thiamin, riboflavin, niacin, pyridoxine, folate, vitamin B12 and vitamin-C
- 3) Minerals - calcium, iron, iodine, fluorine and zinc

**Unit III**

- A) Energy value of foods and energy requirement - the body's for energy BMR activities, utilization of food to energy requirements.
- B) Basal metabolism, factors affecting basal metabolic rate, calorogenic effect of food, specific dynamic action of food.
- C) Acid base balance.

**Unit IV**

Importance of water and water balance - functions, sources, requirement - effect of deficiency.

**Unit V**

- A) Interrelation between nutrients - nutrition and health - visible symptoms of good health.
- B) Nutrition and Infection

**PRACTICALS**

1. Identification of nutrient rich sources of foods, their seasonal availability and price.
2. Study of nutrition labelling on selected foods.
3. List out low cost nutrient rich foods.
4. List out nutrient foods for different income groups.

**REFERENCES**

1. Bamji MS, Krishnaswamy K, Brahmam GNV (2009). Textbook of Human Nutrition, 3rd edition. Oxford and IBH Publishing Co. Pvt. Ltd.
2. Wardlaw MG, Insel PM (2004). Perspectives in Nutrition, Sixth Edition Mosby
3. Swaminadhan S, Advanced Text book on foods & nutrition, Vol. I&II (2<sup>nd</sup> revised and enlarge) Rappc. 1985.
4. Vijaya K hader, Food, nutrition & health, Kalyan Publishers, 2000.

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**Signature of the**  
**Chairman (B.O.S.)**  
**(20.....Exams)**

25  
3-1-107

FIRST YEAR  
Semester -I  
CN-101 BASIC NUTRITION  
Model Question Paper

Time: 3 hrs.

Max. Marks: 75

Part-A

Answer any FIVE questions.

5x5=25

1. Write the classification of proteins.
2. Define acid base balance and how it is maintained in the body.
3. Write the functions of carbohydrates.
4. Discuss the role of vitamin-A.
5. What are the visible symptoms of good health.
6. What are the functions of lipids.
7. Discuss the functions of B-complex vitamins in the body.
8. What about the dietary sources and recommend dietary allowance of calcium for different age groups.

Part-B

Answer any FIVE questions.

5x10=50

1. Give the relation between nutrition and infection.
2. What is BMR? What are the factors affect BMR.
3. Importance of water and water balance in the body.
4. Write in detail about flourine.
5. What do you know about Iron.
6. Discuss the interrelationship of the nutrients.
7. Write about the functions and sources of Iodine.
8. What are the dietary sources and functions of zinc.

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Signature of the  
Chairman (B.O.S.)  
(20.....Exams)