

## CHAPTER 6 - BASICS OF NUTRITION

### PART A

#### **I Answer the following questions (1 Mark)**

1. Write the composition of carbohydrates.
2. Mention the sources of carbohydrates.
3. Give the daily requirements of carbohydrates.
4. What are the deficiency effects of carbohydrates?
5. Write the effects of excess carbohydrates in daily diet.
6. What are essential amino acids?
7. List the essential amino acids required by human adults.
8. How many essential amino acids are required by growing children?
9. What are non-essential amino acids?
10. Write the composition of proteins.
11. Mention sources of proteins.
12. What is Kwashiorkor/Marasmus?
13. Give the composition of fats.
14. Mention the sources of fats.
15. Name the energy measuring instrument.
16. Define energy.
17. Expand BMR. Define BMR.
18. List the factors affecting BMR(Basal Metabolic Rate)
19. What is thermic effect of food?
20. What are vitamins?
21. Name fat soluble vitamins.
22. Name water soluble vitamins.
23. Name the pre-cursor of vitamin A.
24. List the sources of vitamin A.
25. What is sunshine vitamin A?
26. Name the deficiency diseases of vitamin D.
27. Name vitamin B<sub>1</sub>/B<sub>2</sub>/B<sub>3</sub>.
28. What is beriberi?
29. List the different deficiency diseases of Riboflavin.
30. What are '3-D's' diseases?
31. What is Pellagra?
32. What is Ascorbic acid?
33. Name the deficiency disease of vitamin –C.
34. What is scurvy?
35. Define Minerals/what are Minerals?
36. What is Anemia?
37. Name the deficiency disease of Calcium.
38. Name the deficiency disease of Iron.

39. What is Goitre?
40. Name the deficiency disease of Iodine.
41. What is dietary fibre?

### **PART B**

#### **II Answer the following questions (2 Marks)**

1. Classify carbohydrates.
2. Mention the plant sources of carbohydrates.
3. What are the effects of excess carbohydrates in daily diet?
4. Write the composition of proteins.
5. Give the animal and plant sources of proteins.
6. Name the deficiency diseases of Proteins.
7. List and briefly explain functions of protein.
8. Define essential amino acids. List them.
9. Write a short note on Protein Energy Malnutrition (PEM).
10. Classify fats.
11. Write a short note on cholesterol.
12. What are essential and non-essential amino acids?
13. Write the deficiency effects of fat on body.
14. What are the effects of excess intake of fats on body?
15. Classify Vitamins.
16. Define vitamins and classify them.
17. List the rich sources of the following vitamins (i) Vitamin A (ii) Riboflavin.
18. Name the deficiency diseases of the following vitamins (i) Vitamin D (ii) Thiamine.
19. What are '3-D's' diseases?
20. Mention the effects of Scurvy on the body.
21. Classify Minerals.
22. Name the deficiency diseases of the following (i) Calcium (ii) Iron.
23. List the rich sources of the following minerals (i) Phosphorus (ii) Iodine.
24. Mention the functions of water.

### **PART C**

#### **III Answer the following questions (3 Marks)**

1. Describe the functions of carbohydrates.
2. Explain the functions of proteins.
3. Write a short note on Kwashiorkor/Marasmus.
4. Classify proteins on the basis of its nutritional qualities.
5. Write a short note in cholesterol.
6. Discuss the deficiency and excess intake of fats on the body.
7. What is BMR? Which factors effect Basal Metabolic Rate?
8. Define vitamins. Classify them.
9. List the rich sources of vitamin A. Write the deficiency affects of vitamin A on the body.

10. Write a short note in Rickets.
11. Explain the deficiency effects of Vitamin B<sub>1</sub>
12. Write a short note on “3-D’s” diseases.
13. Mention the preventive measures for “Pellagra”
14. List the rich sources of vitamin C. Explain important functions of Vitamin C.
15. List the symptoms of “Anemia”.
16. Write a short note on “Goitre”.
17. Describe the important functions of water in the body.
18. What is ORS? Write the effects of deficiency of water.

### **PART D**

#### **IV Answer the following questions (5 Marks)**

1. Discuss the functions of Carbohydrates.
2. Explain the deficiency effects of carbohydrates.
3. List the functions of protein. Explain them.
4. Discuss the functions of Fat.
5. Define Energy. Which factors affect BMR?
6. Discuss deficiency effects of Vitamin A.
7. Write a short note on (i)Rickets (ii)Pellagra
8. List the important functions of thiamine. Discuss about Beri-Beri
9. List the sources of vitamin B<sub>2</sub>. Explain the deficiency effects of Riboflavin on the body.
10. Discuss about Pellagra. Give the preventive measures to avoid “Pellagra”.
11. List the rich sources of vitamin C. Explain about the vitamin C deficiency diseases.
12. Discuss the deficiency effects of calcium on human body.
13. List the rich sources of Sunshine Vitamin. Explain the deficiency effects of vitamin D on human body.
14. Discuss about Iron deficiency ‘Anaemia’.
15. Discuss the functions and deficiency effects of Iodine.
16. Explain the functions of water in our body.
17. Discuss the functions of dietary fibre in our body.