

E/L/TX

Reg. No:



VIT
Vellore Institute of Technology

Final Assessment Test – November 2024

Course: TBIT204L - Food Nutrition and Health

Class NBR(s): 4127 / 5399

Slot: E1+TE1

Max. Marks: 100

Time: Three Hours

➤ KEEPING MOBILE PHONE/ANY ELECTRONIC GADGETS, EVEN IN 'OFF' POSITION IS TREATED AS EXAM MALPRACTICE
➤ DON'T WRITE ANYTHING ON THE QUESTION PAPER

Answer ALL Questions

(10 X 10 = 100 Marks)

1. a) Find the body mass index of an individual who weighs 65 kilogram and height of 1.7 meters. [3]
b) Calculate the energy available from a lunch meal if it provides 22 gms of carbohydrate, 6 gms of protein and 6 gms of fat? [5]
c) Find protein digestibility corrected amino acid score if protein digestibility is 75% for beans and amino acid score is 0.83. [2]
2. Outline the function, deficiency symptoms and food sources of Vitamin B12 and folates.
3. Sketch the key steps in carbohydrate digestion and absorption. What role does fibres play in the process?
4. What is central obesity? Infer its relationship to disease.
5. Simplify on how will you choose reasonable dietary strategies for achieving and maintaining a healthy body weight?
6. Analyse the changes in nutrient needs from childhood to adolescence. Why is an adolescent girl more likely to develop iron deficiency than a boy?
7. What roles does nutrition play in aging? Reason as to why energy needs decline with advancing age?
8. Summarise the role of important phytochemicals as functional foods in disease prevention.
- 9.a) Relate how the physical findings help in assessment of healthy nutrition and malnutrition?

OR

- 9.b) Identify the measures used for the management of body fat and lean tissue?
- 10.a) Interpret the major diet related risk factors and management for atherosclerosis and hypertension.

OR

- 10.b) Discuss the health issues related to iron deficiency. What are the symptoms of iron deficiency anemia?

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