



'সমানো মন্ত্র: সমিতি: সমানী'

UNIVERSITY OF NORTH BENGAL
B.Sc. Honours 4th Semester Examination, 2023

SEC1-P2-PHYSIOLOGY

Time Allotted: 2 Hours

Full Marks: 40

The figures in the margin indicate full marks.

GROUP-A

1. Answer any **five** questions: 1×5 = 5
- (a) Name some foods that are rich in omega-3 fatty acid.
 - (b) What is the most abundant mineral in human body?
 - (c) Name the enzyme for which vitamin K acts as a cofactor.
 - (d) What is the calcium content of human milk?
 - (e) What are the sources of vitamin E?
 - (f) Mention the value of ACU.
 - (g) Mention the names of two alkaline foods.
 - (h) Mention two preventive foods for obesity.
 - (i) What is RDA?

GROUP-B

Answer any three questions

5×3 = 15

2. (a) What is balanced diet? 2
- (b) What do you mean by low energy diet? 2
- (c) What should be the proportion of fats, proteins and carbohydrates in the diet? 1
3. (a) Define growth. 2
- (b) What do you mean by the term development? 2
- (c) What is the normal A/G ratio? 1
4. (a) Name two food items having low glycemic index. 2
- (b) What do you mean by energy balance? 2
- (c) What is the standard birth weight for Indian babies? 1
5. Prepare a balanced diet chart for infants. 5
6. Prepare a balanced diet chart for growing children. 5

GROUP-C

Answer any *two* questions

10×2 = 20

7. (a) Write a note on Xerophthalmia. 5
(b) Describe the function and deficiency symptoms of vitamin B12. 5
8. Describe the dietary management of diabetes and hypertensive patients. 5+5
9. Describe the causes of Peptic ulcer. Prepare a balanced diet chart for a patient of peptic ulcer. 5+5
- 10.(a) Discuss the principles of formulation of balanced diet. 5+5
(b) Describe the methods of diet survey.

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