



UNIVERSITY OF NORTH BENGAL
B.Sc. Honours 4th Semester Examination, 2021

CC8-PHYSIOLOGY

Full Marks: 40

ASSIGNMENT

*The questions are of equal value.
The figures in the margin indicate full marks.*

Attempt any two from the following

20×2 = 40

1. What is a balanced diet? Write down the principles for formulation of a balanced diet for pregnant and lactating women. Mention the dietary goals that should be achieved while formulating a balanced diet. Define RDA.
2. Define the following nutritional terminologies:- (i) Specific dynamic action of food (SDA), (ii) Basal Metabolic Rate (BMR), (iii) Adult Consumption Unit (ACU), (iv) Net Protein Utilisation (NPU), (v) Respiratory Quotient (RQ).
What do you mean by biological value of Proteins?
3. Write down the physiological/health implications of the following food stuffs in our diet:-
 - (a) Antioxidants
 - (b) Polyunsaturated Fatty acids
 - (c) Phytonutrients
 - (d) Pesticide residue.
4. Define Obesity. Write short note on the physiology of obesity. Formulate a balanced diet chart for a person suffering from central obesity.

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