

Dear students,

Assalamualaikum,

Please solve the following questions of your ongoing card " food and nutrition'. Please do not answer the same question more than once. Submit your assignment as soon as class resumes. Take help of ur text book Lippin Cott. Take care.

Dr. Shaheda Ahmed.

Head, department of Biochemistry.

CIMC.

Q 1. What are the sources, daily requirement, functions and deficiency features of vitamin C?

Q 2. What are the dietary sources, requirement, functions and deficiency features of vitamin A.

Q 3. Write short notes on : i) Dietary fiber ii) BMI.

Q 4. Define balanced diet. What are the criteria of balanced diet? What are the proximate principles of food?

Q 5. Write short notes on : i) Minerals ii) Ricket

Q 6. Define and classify PEM. Write down the important difference between Kwashiorkor and Marasmus.

Q 7. Mention the sources, RDA, functions, and deficiency features of iron.

Q 8. Write short notes on : i) BMR ii) PUFAs

Q 9. Define nutrition. Calculate a calorie chart that a medical student of your age requires daily.

Q 1. What are the sources, daily requirement, functions and deficiency features of vitamin D? 5

Q 2. Define obesity. List the investigations required for the diagnosis of PEM . 1 + 4

Q 3. Write short notes on : i) Scurvy ii) Xerophthalmia. 2.5 + 2.5

Q 4. What are the proximate principles of food? State the importance of fruits and vegetables in nutrition. 2.5 + 2.5

Q 5. Write short notes on : i)Antioxidant vitamins ii) BMI 2.5 + 2.5

Q 6. Define and classify PEM. Write down the important difference between Kwashiorkor and marasmus 2 + 3

Q 7. Mention the sources, RDA, functions, and deficiency features of iron. 5

Q 8. Write short notes on : i) BMR ii) PUFAs 2.5 + 2.5

Q 9. Calculate the energy requirement and make a diet chart for a female medical student, weight 55Kg, height 5 feet 3 inches.