

Dear 1st year BDS students,

Assalamualaikum. FOOD and NUTRITION is the name of ur next and 2nd card, which is the easiest card of Biochemistry. Pls solve the following questions, it will help u to take own preparation. U can read ABC mostly and sometime Lippin cott. Stay home. Stay safe.

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- Q 1. What are the sources, daily requirement, functions and deficiency features of vitamin C? 5
- Q 2. What are the dietary sources, requirement, functions and deficiency features of vitamin A. 5
- Q 3. Write short notes on : i) Dietary fiber ii) BMI. 2.5 + 2.5
- Q 4. Define balanced diet. What are the criteria of balanced diet? What are the proximate principles of food? 1 + 2 + 2
- Q 5. Write short notes on : i) Minerals ii) Ricket + 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. Define nutrition. Calculate a calorie chart that a medical student of your age requires daily. 1 + 4

1. Define and classify protein energy malnutrition. Give the features of Kwashiorkor?
2. Define Balanced diet. How will you prepare a balanced diet for a sedentary female worker? (Age -22 years. Weight-55 Kg. Height- 160 cm)
3. Write short notes on: a. Scurvy b. PUFA.

4. Define and classify vitamins. Mention the sources, RDA, and functions of Vitamin A with its deficiency manifestations.
5. Mention the sources, RDA, functions and deficiency features of iron.
6. Write short notes on: a. Vitamin D b. Trace elements.
7. What do you understand by Dietary fibres? Discuss their role in health maintenance.
8. Name the fat soluble vitamins. Write about the sources, functions and deficiency disorders of vitamin-D.
9. Name the antioxidant vitamins. What are the roles of anti-oxidant vitamins in health and disease?

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

Q 2. What are the common nutritional disorders of our country? Discuss PEM. 1 + 4

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

Q 6. Discuss the hormones that regulate the calcium metabolism. 5

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

Q 8. Write short notes on : i) Tetany 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.