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School of Medical and Allied Sciences

Bachelor of Optometry

Mid Term Examination - Nov 2023

Duration : 90 Minutes

Max Marks : 50

Sem I - L1UA104T - NutritionGeneral Instructions*Answer to the specific question asked**Draw neat, labelled diagrams wherever necessary**Approved data hand books are allowed subject to verification by the Invigilator*

- 1) Classify carbohydrates K2 (2)
- 2) Define carbohydrate with source K1 (3)
- 3) Describe the differences between complete and incomplete proteins in terms of amino acid composition. K2 (4)
- 4) Illustrate the role of each food group in a balanced diet and how they contribute to overall health. K2 (6)
- 5) You are planning a meal for a family. How would you ensure that it includes foods from all five food groups? K3 (6)
- 6) Construct a flow chart to illustrate classification of amino acids. K3 (9)
- 7) Identify the dietary factors contributing to obesity and starvation. K4 (8)
- 8) Analyze the potential consequences of a prolonged negative nitrogen balance on an individual's health. K4 (12)

OR

- Examine the factors that can affect protein digestion efficiency in the stomach and small intestine. K4 (12)