

Second Semester FYUGP Degree (Reg/Sup) Examination**April 2026****KU2MDCZOO102 - NUTRITION, NUTRACEUTICALS
AND DIETITICS**

2024 Admission onwards

Time : 1.5 hours

Maximum Marks : 50

Section A**Answer any 6 questions. Each carry 2 marks.**

1. What is the primary function of BMR in the body?
2. How does body temperature influence BMR?
3. How many calories are provided by 1 gram of carbohydrates?
4. Define nutrition and health?
5. Why is it important for diabetics to monitor blood sugar levels?
6. What is weight management?
7. What is the primary source of nutrition for infants?
8. Name one function of FSSAI.

Section B**Answer any 4 questions. Each carry 6 marks.**

9. Create a diet plan for a patient with Irritable Bowel Syndrome (IBS), focusing on foods to include and avoid.
10. Design a meal plan for a patient recovering from gastrointestinal surgery, focusing on nutrient-dense, easily digestible foods.
11. Compare and contrast soft, liquid, and normal hospital diets in terms of nutrient content and patient needs.
12. Evaluate the effectiveness of FDA regulations in ensuring food safety and preventing foodborne illnesses.
13. Propose strategies to improve compliance with FSSAI regulations in small food businesses.
14. Analyze how FSSAI regulations impact food labeling and consumer awareness.

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Section C**Answer any 1 questions. Each carry 14 marks.**

15. Assess the relationship between Basal Metabolic Rate (BMR), daily energy expenditure, and body weight regulation. How do these factors influence dietary planning?
16. Examine the role of nutrition in managing non-communicable diseases like diabetes, cardiovascular diseases, and cancer. How can a balanced diet serve as both a preventive and therapeutic tool?