

Second Year B.Sc Optometry Degree Supplementary Examinations - May 2014

Nutrition & Biochemistry

Time : 3 hrs

Max marks : 80

- **Answer all questions**
- **Draw diagram wherever necessary**

Essays

(2x15=30)

1. Define balanced diet. Explain the principles involved in preparing a low cost nutritious diet. Prepare a day's menu for an adult male with sedentary activity. **(2+5+8=15)**
2. What is the normal fasting plasma glucose level. Describe the role of various factors involved in maintaining normal blood glucose level. Mention the causes for abnormal OGTT curve. **(2+10+3=15)**

Short notes

(5x5=25)

3. Green leafy vegetables
4. Enzyme inhibition
5. Essential fatty acids
6. Causes and clinical manifestations of nutritional anemia
7. Sources, requirement and deficiency manifestations of vitamin A.

Answer briefly

(10x2 = 20)

8. Dietary Toxins
9. Definition of atherosclerosis
10. Classification of jaundice
11. Scurvy
12. Metabolic role of NADPH in the body
13. Nitrogen balance
14. Galactosemia
15. Functions of vitamin K
16. Name B complex vitamins
17. Composition of aqueous humor

One word answer

(5x1 = 5)

18. A low birth weight baby weighs less thankg.
19. Daily requirement of calcium in diet for an adult male is
20. Deficiency of thiamine causes.....
21. Excess fluorine in the diet causes.....
22. Amino acid necessary for heme synthesis is