Sylhet Women’s Medical College

**Department of Biochemistry**

Re-Supplementary Card Final Examination on

**“Food, Nutrition and vitamins”**

SWMC-8, SAQ

Full Marks:50 Time :1.30 min, Date :25.01.2014

(Answer any (10) questions. Each questions carry equal marks.)

1. Define Nutrients. Name the essential Nutrients obtained from diet, with energy contents of energy yielding nutrients.

2. What are the energy requiring processes in human body? Prescribe a balanced diet for a 2nd year female medical student of 50 Kg body weight.

3. Define and classify vitamins. Mention the function & deficiency manifestations of vitamin C.

4 Mention the active form the major B complex vitamins. State the function of vit B12 & folic acid.

5. Name the antioxidant & Toxic vitamins. Mention the functions & clinical manifestations of vitamin D deficiency.

6. Define BMR and BMI. Mention the unit of expression of each.

What are the importance of BMR and BMI?

7. Define dietary fibers. Mention their types, RDA and uses.

8. Short Notes on (a) AMDR (b) SDA.

9.What are common nutritional problems of Bangladesh? What are the differences between Marasums and Kwashiorkor?

10. Enumerate the trace elements necessary for health. State the function of iron, iodine, zific.

11. Short Notes on (a) Food Guide Pyramid, (b) Free Radical