Sylhet Women’s Medical College

**Department of Biochemistry**

Card Completion examination on

**“Foods, Nutrition and Vitamins”**

SWMC-09, SAQ

Full Marks 40 Time: 1.20 min, Date19.09.2015

*(Answer any (8) questions. Each questions carry equal marks)*

1. Define Nutrients. Name the essential nutrients obtained from diet,

with energy contents of energy yielding nutrients. 1+2+2

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. 1 + 4

3. Write down the name of energy releasing vitamins. Mention the sources,function & deficiency disorders of vitamin A & vitamin C. 1+2+2

4. Name the anti-oxidant &Toxic vitamins. Mention the sources, RDA, functions and deficiency manifestations of Sun shine vitamin. 1+ 4

.

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

What are the importance of BMR and BMI? 1+1+3

6.Define dietary fibers. Mention their types, RDA and advantages & disadvantages.

1+4

7. What is Glycemic index? Mention its importance in nutrition. How it

influences on dietary carbohydrate and cholesterol absorption? 1+2+2

8. What are the common nutritional problems of Bangladesh? What are the

differences between Marasmus and Kwashiorkor? 2+3

9. Define trace element. State the RDA, source,functions, and

deficiency manifestations of Iron, Iodine, Zinc. 1+4

10. Short Notes on (a) Obesity (b) DRIs 2 ½ + 2 ½