

**FYUGP/2nd Sem/26(NEP)New
2026**

Four Year Under Graduate Programme (FYUGP)

**2nd Semester Examination (Under NEP)
(New Session 2024-25)**

FOOD AND NUTRITION (Major)

Paper Code : FNTMJ DC-201

(Fundamentals of Human Nutrition)

Full Marks : 30

Time : Two Hours

*The figures in the margin indicate full marks.
Candidates are required to give their answers
in their own words as far as practicable.*

1. Answer any four questions : 2×4=8

- (a) Name the major food groups recommended for a balanced diet.
- (b) What is somatic growth?
- (c) Define 'Water Intoxication'. When does it typically occur?
- (d) What is meant by the 'Calorific Value' of food?
- (e) Why is proper nutrition being important for maintaining overall health?
- (f) Differentiate between growth and development.

P.T.O.

(2)

2. Answer any *three* questions : $4 \times 3 = 12$

- (a) What is meant by energy balance? Briefly describe the consequences of positive and negative energy balance in human body. $1+3$
- (b) Define BMR. Write down the factors affecting BMR. $1+3$
- (c) What are prepubertal and pubertal changes? List two physical signs for each. $3+1$
- (d) Mention any two significant breakthroughs in nutritional science. $3+1$
- (e) State the general principles considered while formulating the Recommended Dietary Allowances (RDA) for a population. Describe the physical characteristics of the ICMR Reference Man. $2+2$
- (f) Discuss the phases of brain development in early infancy and explain why this period is nutritionally vulnerable.

3. Answer any *one* question : $10 \times 1 = 10$

- (a) Describe the distribution of water in the human body between the intracellular fluid (ICF) and extracellular fluid (ECF) compartments. Discuss the physiological functions of water that make it indispensable for human survival. $5+5$

(3)

- (b) Classify the factors affecting human growth and development into genetic and environmental factors, and briefly discuss each. Describe the methods for assessing energy requirements and explain the health consequences of both energy deficiency and energy excess. $4+3+3$