

RAN-2403000502047001**F.Y.B.Sc. (NEP) (Sem. II) Examination April - 2026****Medical Laboratory Technology - MLT-MDC-201 : Nutrition & Health****Time: 2 Hours]****[Total Marks: 50****સૂચના : / Instructions**

- (1) ઉપરોક્ત દર્શાવેલ વિગતો ઉત્તરવહી પર અવશ્ય લખવી.
Fill up strictly the above details on your answer book.

Seat No.:

Student's Signature

Q. 1 Answer in short: (Any Ten)**(10)**

1. Define Mental health.
2. What is overnutrition?
3. Give examples of fat soluble vitamins
4. What is anaemia?
5. Write full form of BMR.
6. Write normal range of BMI for adult?
7. Write full form of WHO & RDA.
8. What are the signs & symptoms of Kwashiorkor?
9. What are the units of energy?
10. Give two functions of carbohydrate.
11. Give full form of PEM & PCM.
12. Write examples of organic nutrients.

Q. 2 Attempt any Two of the following:**(10)**

1. Explain macronutrients in brief.
2. Write a note on energy yielding & non energy yielding nutrients.
3. Write a note on requirements, dietary source and mutual supplementation of protein.

Q. 3 Attempt any Two of the following:**(10)**

1. Explain energy requirements for different categories of people in detail.
2. Write a note on basal metabolic rate.
3. Write a note on specific dynamic action.

Q. 4 Attempt any Two of the following:**(10)**

1. Explain factors affecting physical & mental health in detail.
2. Define health. Explain types of health in detail.
3. Write a note on recommended dietary allowances.

Q. 5 Write short note on any Two of the following:**(10)**

1. Marasmus vs. Kwashiorkor
2. Nutritional anaemia
3. Obesity