



Q.1. Answers the following short questions: (6x5=30)

- 1. What are minerals write down different types of minerals**
- 2. What is the importance of vitamin B-1 or Thiamin and how does its deficiency hurts our health**
- 3. What are the functions of vitamin C and what are its harmful effects of large doses**
- 4. Write a short note on electrolytes (Na, K, Cl)**
- 5. Briefly explain the digestion and absorption of Lipids**
- 6. Write a short note on dietary cholesterol**

Q.2. Answers the following questions. (3x10=30)

- 1. How Anorexia Athletica hurts our health, discuss in detail**
- 2. Explain in detail the working of the human energy system**
- 3. How will you guide an athlete for his/her pre, during and post-contest meal Discuss in detail?**