



Q.1. Give short answers of the following: (6x5=30)

- 1. What are the functions of Carbohydrates**
- 2. Explain the classic method of carbohydrate loading**
- 3. Explain Glycemic Index with examples**
- 4. Explain Glycemic Load with examples**
- 5. Write a short note on Fibers**
- 6. What are the psychological and sociocultural functions of the food**

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

- 1. How Bulimia Nervosa hurts our health, discuss in detail**
- 2. Write down different functions of triglycerides and how triglycerides metabolized in our body**
- 3. BMI is a screening tool not a diagnostic tool Discuss in detail.**