 **IQRA NATIONAL UNIVERSITY**

**DEPARTMENT OF ALLIED HEALTH SCIENCES**

**FINAL-TERM EXAMINATIONS**

**SPRING – 2020**

Course title: Macronutrients in Human Nutrition

Course instructor: Prof. Dr Jehangir Khan Khalil

Department: Human Nutrition and Dietetics , 2nd semester

Time allowed: 24 hrs

Marks : 30 **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Questions: 1**

Define the following: (10)

* Nutrition (2)
* Food (2)
* Balanced Dietetics (2)
* Carbohydrates (2)
* Proteins (2).

**Question: 2**

What are carbohydrates? What is the importance of carbohydrates in our body? (10)

**Question: 3**

What are proteins? Discuss in detail the importance of proteins in human body. (10)