

**KALOJI NARAYANA RAO UNIVERSITY OF HEALTH SCIENCES**  
**WARANGAL, TELANGANA STATE – 506 002**  
**BNYS THIRD YEAR PART-II DEGREE SUPPLEMENTARY EXAMINATIONS:**  
**JANUARY 2026**  
**NUTRITION AND DIETETICS AND HERBOLOGY**  
**PAPER-I**

**Time: 3 Hours.**

**Max Marks: 80**

**Note:** Answer all questions.

Give Diagrammatic representation wherever necessary.

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**Write an essay on the following:**

**2 X 10 = 20**

1. Explain about the Nutrition Value of Indian Foods.
2. Give a brief note on Millets, its Types, Compositions, and Health Benefits.

**Write a short note on the following:**

**10 X 5 = 50**

3. Importance of Beta carotenes.
4. Balance Diet.
5. Composition of Milk and its Products.
6. Give a Note on different types of Vegetables.
7. Composition of Pulses and its importance in Health.
8. Importance of Fats and Oils in Diet.
9. Antioxidants.
10. Minerals.
11. Psycho-Social Aspects of Food.
12. Food Additives.

**Write briefly on the following:**

**5 X 2 = 10**

13. Sources of Vitamin D.
14. Benefits of Coconut Water.
15. Importance of Herbal Tea.
16. Define Nutrition.
17. Benefits of Dates.

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