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BFTFTCN 203

**II Semester B.Sc. (Food Technology) Degree Examination, September 2022
(NEP – 2020)
(2021-2022 Batch Onwards)
FOOD AND NUTRITION (DSCC)**

Time : 2 Hours

Max. Marks : 60

Answer the following questions :

(4×15=60)

1. a) Give brief note on “need to consume a balanced diet.” **3**
- b) Explain the relationship between Food, Nutrition and Health. **5**
- c) Explain the functions of Vitamin A in detail. **7**

OR

2. a) Give functions of sterols. **4**
 - b) List the functions of Potassium and Selenium. **4**
 - c) Explain the relation of dietary lipids with the occurrence of atherosclerosis and ischaemic heart diseases. **7**
3. a) Write on the classification of proteins. **3**
 - b) What are the functions of carbohydrates in our body ? **5**
 - c) Write a note on evaluation of protein quality. **7**

OR

4. a) What are indispensable and dispensable amino acids ? **4**
 - b) What are the functions of protein in our body ? **4**
 - c) Write briefly on protein energy malnutrition. **7**
5. a) What is the gross calorific value of food ? **3**
 - b) Write a note on the need to determine the energy requirements for different age group. **5**
 - c) Explain in detail on direct calorimetry. **7**

OR

6. a) Give energy requirement for man and woman based on their activity. **4**
- b) What is the relationship between respiratory quotient and energy output ? **4**
- c) What are the factors affecting BMR ? **7**

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- 7. a) Give short note on Benedict Roth Aparatus. **3**
- b) Give aetiology and clinical features of Kwashiorkor. **5**
- c) What is the role of iodine, fluoride and iron in our body ? Give their food sources. **7**

OR

- 8. a) What are the drawbacks of using RDA ? **4**
 - b) What are the factorial methods of calculation of the daily energy requirement based on their physical activity ? **4**
 - c) Give the functions of the following :
 - i) Phospholipids
 - ii) TGL
 - iii) Folate. **7**
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