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FNDFNO 287

**Choice Based Credit System IV Semester B.Sc. (FND) Degree
Examination, September 2022
(2020 – 21 Batch Onwards)
FOOD FOR HEALTH
(Open Elective)**

Time : 2 Hours

Max. Marks : 40

I. Answer **any five** of the following :

(5×2=10)

- 1) a) Define Flesh.
- b) Explain the term stewing.
- c) What is parching of pulses ?
- d) What is milling ?
- e) Define Health.
- f) What are protective foods ? Give examples.

II. Answer the following questions :

(2×15=30)

- 2) a) Write on nutrient loss while cooking. **3**
- b) Write down the benefits of pressure cooking. **5**
- c) Write on the functions of food. **7**

OR

- 3) a) Explain how cooking improves digestibility. **4**
- b) Explain the limitations of cooking. **4**
- c) Explain the process of germination with examples. **7**
- 4) a) Write on nutritive value of eggs. **3**
- b) What are changes that occur during ripening of fruits ? **5**
- c) What are the factors affecting cooking of pulses ? **7**

OR

- 5) a) Write on the nutritive value of fish. **4**
- b) Write a note on chemical fruit ripening. **4**
- c) Discuss the method of microwave cooking. **7**
