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BMHMEN 201

**II Semester Open Elective (NEP – 2020) Degree
Examination, September 2022
(2021 – 22 Batch Onwards)
FOOD AND NUTRITION**

Time : 2 Hours

Max. Marks : 60

- Instructions :** 1) Part – A : Answer **any 5** out of 8 questions.
2) Part – B : Answer **any 4** out of 6 questions.
3) Part – C : Answer **any 3** out of 5 questions.

PART – A

- I. Answer **any five**. **(5×2=10)**
- | | |
|--|---|
| 1) Food Energy. | 2 |
| 2) RDI. | 2 |
| 3) Four fruits that are rich in vitamin C. | 2 |
| 4) Maltose. | 2 |
| 5) Starch. | 2 |
| 6) Balanced diet. | 2 |
| 7) Four body building foods. | 2 |
| 8) Asepsis. | 2 |

PART – B

- II. Answer **any four**. **(4×5=20)**
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|--|---|
| 1) Write a short note on the process of Freeze Drying. | 5 |
| 2) Expand and explain ISI. | 5 |
| 3) What is monosaccharide ? Explain the different types of monosaccharide. | 5 |
| 4) Explain in detail the causes of food additives. | 5 |
| 5) What are the functions of fats in the human body ? | 5 |
| 6) Write a short note on importance of a balanced meal. | 5 |

P.T.O.



PART – C

III. Answer **any three**. **(3×10=30)**

- 1) Write the sources, functions and deficiency of vitamin A, vitamin E and vitamin D. **10**
 - 2) Explain the caloric value of foods using Bomb Calorimeter. **10**
 - 3) What do you mean by carbohydrates ? Write a detailed note on the functions of carbohydrates. **10**
 - 4) Write short notes on :
 - a) Antioxidants. **3**
 - b) Flavoring agents. **3**
 - c) Non-Nutritive and Special Dietary Sweeteners. **4**
 - 5) What do you mean by food preservation ? Explain in detail the different methods of food preservation. **10**
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