



Name : .....

Roll No. : .....

Invigilator's Signature : .....

**CS/BHMCT (N)/SEM-2/HM-205/2010  
2010**

**FOOD SCIENCE AND NUTRITION**

Time Allotted : 3 Hours

Full Marks : 70

*The figures in the margin indicate full marks.*

*Candidates are required to give their answers in their own words  
as far as practicable.*

**GROUP – A**

**( Multiple Choice Type Questions )**

1. Choose the correct alternatives for the following :

10 × 1 = 10

i) Proteins differ from carbohydrates and lipids by always  
containing

- |             |              |
|-------------|--------------|
| a) Nitrogen | b) Oxygen    |
| c) Carbon   | d) Hydrogen. |

ii) Histidine is a/an

- |                              |
|------------------------------|
| a) essential amino acid      |
| b) non-essential amino acid. |



- iii) Typhoid is a food-borne disease caused by
- a) food-borne intoxication
  - b) food-borne infection.
- iv) Proteins are synthesized in the body from
- a) acid molecules
  - b) amine molecules
  - c) amino acid molecules
  - d) carbon, hydrogen & oxygen.
- v) Bio-availability of mineral depends on .....
- ..... from the intestinal lumen into the blood.
- a) efficient absorption      b) efficient digestion
  - c) efficient metabolism      d) none of these.
- vi) Major mineral found in the human blood is
- a) Copper                              b) Calcium
  - c) Sodium                              d) Iron.
- vii) Food infection generally involves micro-organisms present in the ..... at the time it is consumed.
- a) food
  - b) food & water
  - c) food infected & toxin
  - d) none of these.





**GROUP – C**

**( Long Answer Type Questions )**

Answer any *three* of the following.  $3 \times 15 = 45$

7. What are the major functions of water in human system ?  
What is oedema ? What is the daily requirement and suggested style of water intake ?  $10 + 2 + 3$
8. Write short notes on any *three* of the following :  $5 + 5 + 5$ 
  - a) Pasteurization
  - b) Food poisoning and food infection
  - c) Food acceptance
  - d) Balanced Diet, BMR.
9. Discuss in brief the cooking effect of protein, fat and carbohydrate.  $5 + 5 + 5$
10. Recommend types of food intake in under-weight and over-weight conditions.
11. Make a balanced Indian vegetarian menu for an individual considering following information :  
Age : 20 years Gender : Male, Activity : Moderate,  
Food habits : Cosmopolitan, Background : Urban middle income group family.

Calculation Key :

( Energy requirement : 2600-2700 kcal

Protein requirement : 75/80 gm

Provide energy food : 1600 kcal

Body building food : 600 kcal

Protective & regulatory foods : 200 kcal )

*Instruction* : Give the complied menu only for Bed Tea, B/Fast, Lunch, AN Snacks and Dinner. Need not to show any numerical calculation.