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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 :

 $10 \times 1 = 10$ 

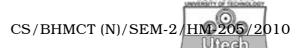
- i) Proteins differ from carbohydrates and lipids by always containing
  - a) Nitrogen
- b) Oxygen
- c) Carbon
- d) Hydrogen.
- ii) Histidine is a/an
  - a) essential amino acid
  - b) non-essential amino acid.

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iii)	Тур	yphoid is a food-borne disease caused by						
	a)	food-borne intoxication			In Annua (N. Executado Sal Explicad			
	b)	food-borne infection.						
iv)	v) 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 m	al	depends		on		
	from the intestinal lumen into						the	
	blood.							
	a)	efficient absorption	b)	effici	ent digest	ion		
	c)	efficient metabolism	d)	none	of these.			
vi)	Maj	ajor mineral found in the human blood is						
	a)	Copper	b)	Calci	um			
	c)	Sodium	d)	Iron.				
vii)	Foo	d infection generally	inv	volves	micro-o	rgani	sms	
	present in the at the time it is consumed							
	a)	food						
	b)	food & water						
	c)	food infected & toxin						
	d)	none of these.						

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- viii) Botulism is caused by the ingestion of improperly
  - a) cooked food
  - b) reheated food
  - c) preserved canned food
  - d) none of these.
- ix) The disease goitre is due to the deficiency of
  - a) Zinc b)

Sodium

c) Iodine

- d) Chlorine.
- x) The protein quality can be measured by means of
  - a) BV
  - b) BMI
  - c) Nitrogen fixation
  - d) Standardization.

#### **GROUP - B**

### (Short Answer Type Questions)

Answer any *three* of the following.

 $3 \times 5 = 15$ 

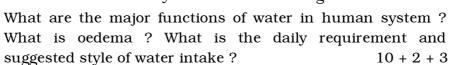
- 2. Define nutrients. Name the major nutrients.
- 3. Define food. What is the formation of 3 basic food groups?
- 4. Define malnutrition, mentioning major causes.
- 5. Write a short note on dietary sources of protein.
- 6. Make a balanced Indian lunch menu considering basic three food groups.

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#### **GROUP - C**

#### (Long Answer Type Questions)

Answer any three of the following.



- 8. Write short notes on any three of the following: 5 + 5 + 5
  - a) Pasteurization

7.

- 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 overweight 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.

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