



Name :
Roll No. :
Invigilator's Signature :

CS/BHMCT(NEW)/SEM-2/HM-205/2012

2012

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 any *ten* of the following :

10 × 1 = 10

- i) One kilocalorie means amount of heat required to raise the temperature of
- a) 100 gm of water by 1°C
 - b) 1 gm of water by 1°C
 - c) 1000 gm of water by 1°C
 - d) none of these.
- ii) Large intestine does not include
- a) colon
 - b) jejunum
 - c) rectum
 - d) none of these.



- iii) Which of the following organs of human body is not included in Digestive Tract ?
- a) Mouth
 - b) Stomach
 - c) Liver
 - d) Small intestine.
- iv) Obesity means body weight is in excess of
- a) 5% or more
 - b) 15% or more
 - c) 20% or more
 - d) none of these.
- v) ORS stands for
- a) Oral Rehydration System
 - b) Oral Rehydration Salts
 - c) Oral Rehydration Salinity
 - d) none of these.
- vi) Photophobia causes due to deficiency in
- a) vitamin B₂
 - b) vitamin B₆
 - c) niacin
 - d) none of these.
- vii) Which of the following vitamin is not included in anemia preventing vitamins ?
- a) Folic acid
 - b) vitamin B₆
 - c) vitamin E
 - d) Vitamin B₁₂.
- viii) Tetany is the deficiency symptom for
- a) calcium
 - b) phosphorous
 - c) iron
 - d) none of these.
- ix) Dental/Skeletal Fluorosis is caused due to
- a) excess amount of fluorine
 - b) deficiency in fluorine
 - c) calcium deficiency
 - d) none of these.



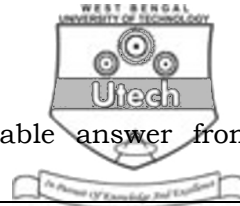
- x) Causes of food spoilages are
- a) activity of Bacteria, Yeast and Moulds
 - b) enzymatic changes in food
 - c) physical changes in food
 - d) all of these.
- xi) Microorganisms are found most active in the temperature zone between
- a) 4 to 10 degree Celsius
 - b) 15 to 49 degree Celsius
 - c) 37 to 63 degree Celsius
 - d) 30 to 70 degree Celsius.
- xii) Fish and meat falls under
- a) energy giving food group
 - b) body building food group
 - c) protective food group
 - d) common to all food groups.

GROUP – B

(Short Answer Type Questions)

Answer any *three* of the following. $3 \times 5 = 15$

2. Define any *two* of the following :
 - a) Food b) Nutrients c) Malnutrition d) Enzymes.
3. Write a short note on "Functions of Carbohydrates in human body".
4. Explain the role of Antioxidants in human body.
5. List the functions of water in our body.



6. Match items in **Column I** with a suitable answer from **Column II** :

Column I	Column II
Niacin	Rice-eater's disease
Vitamin D	Lost on exposure to light
Beriberi	Precursor Tryptophan
Riboflavin	Amla
Ascorbic Acid	Sunlight
	Night-blindness
	9 kcal /g

7. Write a short note on 3-basic food group.

GROUP – C

(Long Answer Type Questions)

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

8. List the organs within the Digestive Tract and explain their functions in brief.
9. What are the beneficial effects of Fibres in diet ? What is the recommended intake of an adult male sedentary worker ?
10. Discuss the regulatory functions of protein in our body.
11. Explain the effects of cooking on Vitamins.
12. Discuss the major objectives of Food Processing.
13. Plan a balanced diet chart considering following information and applying choice from 3 basic food groups :
 Age -18 years
 Sex Male
 Activity : Moderate
 Religion : Hindu
 Background : Urban middle income
 Food-habit : Cosmopolitan
 RDA : 2640 kcal
 Protein : 78 gm

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