

23U424

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Name :

Reg. No :

FOURTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2025

(CBCSS-UG)

(Regular/Supplementary/Improvement)

CC19U FTL4 A14 - NUTRITION AND HEALTH

(Food Technology - Common Course)

(2019 Admission onwards)

Time: 2.5 Hours

Maximum: 80 Marks

Credit: 4

Part A (Short answer questions)

Answer *all* questions. Each question carries 2 marks.

1. Mention the determinants of health.
2. Define overnutrition.
3. Write down the components of energy requirements.
4. Give any four examples of macrominerals.
5. Write down the RDA of carbohydrates.
6. Classify proteins based on structure.
7. List nine essential amino acid.
8. Write down the classifications of fatty acids.
9. Define visible fats with examples.
10. Define good cholesterol.
11. Mention the RDA of calcium.
12. Classify fat soluble vitamins.
13. Classify water soluble vitamins.
14. Write any four food sources of vitamin D.
15. Define scurvy.

(Ceiling: 25 Marks)

Part B (Paragraph questions)

Answer *all* questions. Each question carries 5 marks.

16. Explain concept of health.
17. Draw and explain food guide pyramid.

18. Write a note on ORS.
19. Write down the water balance in detail.
20. Write a note on dietary fibre.
21. Write a note on goitrogens in detail.
22. Explain pellagra.
23. Write down the functions and sources of Vitamin B5.

(Ceiling: 35 Marks)

Part C (Essay questions)

Answer any *two* questions. Each question carries 10 marks.

24. Explain the classification, and functions of carbohydrates.
25. Explain Iron under the following headings a) classification, b) sources and c) functions.
26. Discuss the deficiency diseases of Ascorbic acid in detail.
27. Briefly explain Riboflavin under the following headings a) functions b) sources and c) deficiency diseases.

(2 × 10 = 20 Marks)
