

22U581

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Name:

Reg.No:

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2024

(CBCSS - UG)

(Regular/Supplementary/Improvement)

CC19U FTL5 D03 - FOOD AND HEALTH

(Food Technology - Open Course)

(2019 Admission onwards)

Time : 2.00 Hours

Maximum : 60 Marks

Credit : 3

Part A (Short answer questions)

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

1. Give two examples of pulses.
2. Give any two examples of protein rich vegetarian foods.
3. Give any four food sources of Fats.
4. Write any four functions of Water.
5. Mention the list of foods to be included in Weight reduction diet.
6. Expand CVD.
7. Write down the principle of Constipation diet.
8. Define Lactose Intolerance.
9. Give any four methods of natural food preservation.
10. Expand AGMARK.
11. Define food allergens.
12. Define Botulism Botulism.

(Ceiling: 20 Marks)

Part B (Short essay questions - Paragraph)

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

13. Describe the word Balanced Diet.
14. Explain the health benefits of Functional foods with suitable examples.
15. Write down the classification of nutrients based on it funtions.
16. Write down the factors affecting the RDA.
17. Write down the dietary modifications of Diabetes.

18. Explain the scope of food additives in food industry.

19. Write down the risk factors of food allergy.

(Ceiling: 30 Marks)

Part C (Essay questions)

Answer any *one* question. The question carries 10 marks.

20. Draw and explain food guide pyramid in detail.

21. State the definition, types and side effects of food adulteration.

(1 × 10 = 10 Marks)
