

22U505A

(Pages: 2)

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. Define nutritional science.
2. Draw My plate system.
3. Give two examples of iron rich foods.
4. Define Macronutrients.
5. Give any two food sources of Vitamin D.
6. Write any two factors which affects BMI.
7. Define Diabetes Mellitus.
8. Define Lactose Intolerance.
9. Define natural additives.
10. Define food fortification.
11. Write down the symptoms of Botulism.
12. Define E. Coli infections.

**(Ceiling: 20 Marks)**

**Part B** (Short essay questions - Paragraph)

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

13. Explain the side effects of Junk foods with suitable examples.
14. Write down the functions of macro nutrients.
15. Write down the factors affecting the RDA.
16. Explain the definition and causes of Obesity.
17. Write down the dietary modifications of Chinese syndrom.

18. Briefly explain the types of food adulteration.

19. Explain the side effects of food adulteration.

**(Ceiling: 30 Marks)**

**Part C** (Essay questions)

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

20. Write down the list of foods to be included and excluded in a Hypertension diet.

21. Briefly differentiate food allergy and food poison with suitable examples.

**(1 × 10 = 10 Marks)**

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