

23U584B

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Name:

Reg.No:

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2025

(CBCSS - UG)

(Regular/Supplementary/Improvement)

CC19UFTL5D03 - 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 health.
2. Define functional foods.
3. Define Food guide pyramid.
4. Give two examples of pulses.
5. Define Micronutrients.
6. Write any four functions of Carbohydrates.
7. List any four low calorie fruits.
8. Mention the list of foods to be included in Weight reduction diet.
9. Mention the list of foods to be included in cholesterol lowering diet.
10. Give any two examples of color additives.
11. Expand ISI.
12. Write down the symptoms of E. Coli infections.

(Ceiling: 20 Marks)

Part B (Short essay questions - Paragraph)

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

13. Write down the nutritional composition of micro nutrients.
14. Write down the uses of Recommended dietary allowances.
15. Write a note on life style diseases.
16. Explain the definition and causes of Constipation.

17. Explain the definition and causes of Lactose Intolerance.
18. Write down the control measures against food poison.
19. Write down the symptoms and causes of Botulism.

(Ceiling: 30 Marks)

Part C (Essay questions)

Answer any ***one*** question. The question carries 5 marks.

20. Explain the role of balanced diet in human health.
21. Explain the types and uses of food additives with suitable examples.

(1 × 10 = 10 Marks)
