

16U473

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Name.....

Reg. No.....

FOURTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2019

(CUCBCSS-UG)

CC17U GN4 A14 (2) - NUTRITION AND HEALTH

Food Technology - Core Course

Time: Three Hours

Maximum: 80 Marks

PART-A

Answer *all* questions. Each question carries 1 mark.

Multiple choice:

1. Measurement of energy value of food is called
a) Calorimetry b) joulimetry c) Enerymetry d) None of the above
2. Which of the following helps fat absorption?
a) Cephalin b) Lecithin c) Cerebrosides d) Both a and b
3. Chromium is required for
a) Protein metabolism b) Glucose metabolism
c) Fatty acid metabolism d) All of the above
4. The daily requirement of vitamin A is
a) 1.5 to 1.8 mg b) 2.5 to 2.8 mg c) 3.5 to 3.8 mg d) 4.5 to 4.8 mg
5. Machine polished rice is responsible for
a) Xerophthalmia b) Beri-beri c) Rickets d) Scurvy

Fill in the blank:

6. The mineral present in vitamin B12 is -----
7. Tocopherol is ----- soluble vitamin.
8. Anti-sterility vitamin is -----
9. 1 g of carbohydrate yields ----- kcal.
10. Most abundant mineral present in our body is -----

(10 × 1 = 10 Marks)

PART-B

Answer any *five* questions. Each question carries 2 marks.

11. Define nutritional status.
12. What is respiratory quotient?

13. Define pellagra. What are the causes of pellagra?
14. Give the important source of vitamin B9 and vitamin B12.
15. Define glycaemic index of foods.
16. Different between macro minerals and micro minerals.
17. What are prebotic foods? Give a one example.

(5 × 2 = 10 Marks)

PART-C

Answer any *six* questions. Each question carries 5 marks.

18. Write the role of Vitamin K in blood clotting.
19. Discuss the role of ω-3 and ω-6 fatty acid in our body.
20. What are the physiological effects of fiber? Explain.
21. Discuss the causes and treatment of osteoporosis.
22. Explain how the body maintains electrolyte balance?
23. Discuss the function and deficiency system of EFA.
24. How can we prevent the loss of thiamine and riboflavin during cooking?
25. Explain the functions of lipids. Also explain how fats are digested and absorbed.

(6 × 5 = 30 Marks)

PART-D

Answer any *two* questions. Each question carries 15 marks.

26. What are minerals? How they are classified? What are the factors affecting their absorption?
27. What is monosaccharide? How are they absorbed in our body?
28. Briefly explain fat soluble vitamin monitoring, their source, RDA and deficiency of manifestations.
29. Discuss the sources, functions and deficiency symptoms of Vitamin C.

(2 × 15 = 30 Marks)
