

18U578

(Pages: 2)

Name:

Reg. No.....

FIFTH SEMESTER DEGREE B.SC. DEGREE EXAMINATION, NOVEMBER 2020

(CUCBCSS - UG)

(Regular/Supplementary/Improvement)

CC17U FTL5 D03 - FOOD AND HEALTH

(Food Technology - Open Course)

(2017 Admission onwards)

Time: Two Hours

Maximum: 40 Marks

PART A

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

Name the following:

1. Name any two minerals.
2. 1g fat provides ----- kcals of energy.
3. Requirement of protein for a 60 Kg man is -----
4. Name any one anti-oxidant vitamin.
5. Lack of ----- hormone leads to Diabetes.

(5 x 1 = 5 Marks)

PART B

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

6. Write a note on Lactose intolerance.
7. What are junk foods?
8. Give the classification of Vitamins with examples.
9. What is BMI?
10. What are the major causes of obesity?
11. Explain Food Guide pyramid.
12. Write the classification of foods.

(5 x 2 = 10 Marks)

PART C

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

13. Define food adulteration and explain the common adulterants found in foods.
14. Explain the functions of food.
15. What are the common food allergens?
16. Write the functions and sources of carbohydrates.
17. What is food poisoning? Write the symptoms and control of Botulism.

(3 x 5 = 15 Marks)

PART D

Answer any *one* of the following. Each question carries 10 marks.

18. Define and list the role of food additives. Explain the importance of any two additives in food preparation.
19. What are lifestyle diseases and explain the management of cardio vascular diseases.

(1 x 10 = 10 Marks)
