

19U563A

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Name:

Reg.No:

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2021

(CBCSS - UG)

CC19U FTL5 D03 - FOOD AND HEALTH

(Food Technology - Open Course)

(2019 Admission - Regular)

Time : 2.00 Hours

Maximum : 60 Marks

Credit : 3

Part A (Short answer questions)

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

1. Define malnutrition.
2. Give two examples of functional foods.
3. Write down any four healthy food habits.
4. What are the examples of Micronutrients?
5. Give any four food sources of Proteins.
6. Write any four functions of Minerals.
7. Mention the types of Diabeted Mellitus.
8. Write down the principle of Constipation diet.
9. Mention the types of adulteration.
10. Write any two health issues of food adulteration.
11. List any four common food allergens.
12. Write down the causes of E. Coli infections.

(Ceiling: 20 Marks)

Part B (Short essay questions - Paragraph)

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

13. Briefly explain the classification of food based on its functions.
14. Write down the uses of recommended dietary allowances.
15. Write down the importance and uses of BMI.
16. Write down the dietary modifications of Obesity.
17. Write down the dietary modifications of Gluten Intolerance.
18. Explain the role of food additives in food preparation.
19. Write a note on applications of food additives.

(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. Explain the definition, symptoms and control measures of any three types of food poison.

(1 × 10 = 10 Marks)
