

19U563

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Name:

Reg.No:

FIFTH SEMESTER B.Sc. 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* question. Each question carries 2 marks.

1. Write any two complications of junk foods.
2. Expand NIN.
3. Give two examples of calcium rich foods.
4. Define Micronutrients.
5. Give any four food sources of Carbohydrates.
6. Write any two uses of BMI.
7. Mention the list of foods to be included in Diabetic Diet.
8. Expand MSG.
9. Give any two natural food preservatives.
10. Expand BIS.
11. Write down the symptoms of Botulism.
12. Write down the symptoms of Salmonellosis.

(Ceiling: 20 Marks)

Part B (Short essay questions - Paragraph)

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

13. Describe the word Balanced Diet.
14. Write down the nutritional composition of macro nutrients.
15. Explain Recommended dietary allowances in detail.
16. Explain the definition and causes of Cardio vascular diseases.
17. Write down the dietary modifications of Lactose Intolerance.
18. Explain the role of food additives in food preparation.
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 Obesity diet.
21. Briefly differentiate food allergy and food poison with suitable examples.

(1 × 10 = 10 Marks)
