

20U577

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Name: .....

Reg.No: .....

**FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2022**

(CBCSS - UG)

(Regular/Supplementary/Improvement)

**CC19U FTL5 D03 - 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* question. Each question carries 2 marks.

1. Draw My plate system.
2. Give two examples of nuts and oil seeds.
3. Define personal hygiene.
4. Write any four functions of fats.
5. Expand RDA.
6. Draw BMI chart.
7. Write any four symptoms of besity.
8. Define hypertention.
9. Give two examples of natural additives.
10. Mention the types of adulteration.
11. Define food poison.
12. Write down the causes of E. Coli infections.

**(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 classification of nutrients based on it funtions.
15. Write down the nutritional composition of macro nutrinent.
16. Explain the symptoms and complication of Constipation.

17. Write down the dietary modifications of Gluten intolerance.
18. Write a note on the type of food additives.
19. Write down any five common adulterants used in food produces.

**(Ceiling: 30 Marks)**

**Part C (Essay questions)**

Answer any *one* question. The question carries 10 marks.

20. Explain the causes, symptoms and dietary modifications of Diabetes mellitus.
21. Briefly differentiate food allergy and food poison with suitable examples.

**(1 × 10 = 10 Marks)**

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