

21U579

(Pages: 2)

Name: .....

Reg.No: .....

**FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2023**

(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* questions. Each question carries 2 marks.

1. Give two examples of junk foods.
2. Expand NIN.
3. Give two examples of cereals.
4. Write any four functions of Proteins.
5. Give any four food sources of Vitamins.
6. Write any two factors which affects RDA.
7. Write down the principle of Diabetic Diet.
8. Define Gluten Intolerance.
9. Define intentional adulteration.
10. Write any four examples of intentional adulteration.
11. Write down the symptoms of Botulism.
12. Define Staphylococcus infections.

**(Ceiling: 20 Marks)**

**Part B** (Short essay questions - Paragraph)

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

13. Write a note on healthy eating habits.
14. Explain the definition and sources of macro and micro nutrients.
15. Write down the definition and calculation of body mass index.
16. Write down the dietary modifications of Hypertension.
17. Explain the symptoms and complication of Chinese syndrom.

18. Explain the scope of food additives in food industry.

19. Write a note on the type of food additives.

**(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 Obesity.

21. Briefly differentiate food allergy and food poison with suitable examples.

**(1 × 10 = 10 Marks)**

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