

U.G. 2nd Semester Examination - 2022**FOOD & NUTRITION****[HONOURS]****Course Code : FNT-H-CC-T-04**

Full Marks : 40

Time : 2½ Hours

*The figures in the right-hand margin indicate marks.**Candidates are required to give their answers in their own words as far as practicable.***Answer all the questions.**1. Answer any **five** questions: 2×5=10

- a) What is the unit of energy?
- b) Define micronutrients with examples.
- c) What are the chemical names for vitamin C and vitamin D?
- d) What are the Dietary sources of iron and calcium?
- e) Define ACU. How do you calculate it?
- f) Define standard man and woman.
- g) What is the importance of iodised salt in our diet?

- h) What is PEM? State three symptoms of PEM.
- i) What is balanced diet?
- j) Name and discuss a disease caused by vitamin A deficiency.

2. Answer any **two** questions: 5×2=10

- a) i) What is the difference between growth and development?
 ii) What are the various types of malnutrition? 2+3=5
- b) i) Name two water soluble vitamins.
 ii) What are their dietary sources?
 iii) Discuss their deficiency disorders. 1+2+2=5
- c) i) Write on the physiological role of calcium and iodine in our body.
 ii) What is the role of magnesium in enzyme activity? Give one example. (2+2)+1=5
- d) i) What is the chemical name for vitamin E?
 ii) Is it a fat soluble or water soluble?
 iii) What are the good sources of vitamin E?
 iv) What are the benefits of vitamin E for our body? 1+1+1+2=5

3. Answer any **two** questions: $10 \times 2 = 20$

- a) i) What is Food Exchange? Give one example.
- ii) Give two advantages of Food Exchange.
- iii) Mention (at least six) factors that affect meal planning. $2+2+6=10$
- b) i) Write on the food-based dietary guidelines in India as per NIN.
- ii) What are the 'non-diet elements' in diet?
- iii) Write on their importance. $6+2+2=10$
- c) i) What is RDA?
- ii) Write on the energy requirements of Indian man and woman (kcal/day) according to their activity pattern (ICMR). $2+8=10$
- d) i) What is BMR and SDA of food?
- ii) How do BMR and SDA contribute to measure energy expenditure?
- iii) How do you measure energy expenditure caused by various activities, by indirect calorimetry? $2+3+5=10$
- _____