

U.G. 3rd Semester Examination-2020**FOOD & NUTRITION****[HONOURS]****Course Code : F&N-H-CC-T-6**

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.*

1. Answer any **five** questions: 2×5=10
 - a) What do you mean by Estimated Average Requirement (EAR)?
 - b) What do you mean by antioxidants?
 - c) Name two natural dietary sources of iron.
 - d) What do you mean by Glycemic Index of food?
 - e) Why some infants require supplementary foods?
 - f) What is IDD?
 - g) How do we can calculate the energy requirement of an individual?
2. Answer any **two** questions: 5×2=10
 - a) Write the principles of menu planning.

- b) “Breast milk is a balanced food for babies till six months”– justify.
 - c) What are the advantages and disadvantages of protein supplementary foods?
 - d) Plan a low cost Indian vegetarian high protein diet for a school going girl of age group 12-16 yrs.
3. Answer any **two** questions: 10×2=20
 - a) Prepare a diet chart for a lactating mother and a 3rd trimester pregnant women (10 kg GWG). 5+5=10
 - b) Prepare a low cost vegetarian and a normal non vegetarian diet chart for an adult man doing moderate work. 5+5=10
 - c) Mention the dietary principle of a woman at her menopausal age. What are the role of vitamins and antioxidants in geriatric diet planning? 4+6=10
 - d) Why it is important to consider the quality of proteins while menu planning of a pregnant mother? What is the importance of invisible fat in food? “Dietary fiber is an important part of our diet”– Explain. 4+2+4=10

[Turn Over]