

U.G. 6th Semester Examination - 2022

FOOD & NUTRITION

[HONOURS]

Course Code : F&N-H-CC-T-13

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** of the following: 2×5=10

- What is Golden Rice?
- What is ROS?
- What is nutraceutical food?
- Name four high fiber foods.
- What is the process of germination?
- What foods are high in oxidant?
- Define obesity using BMI.
- Write on the use of iodine fortified salt.

2. Answer any **two** of the following: 5×2=10

- i) What is the process of fermentation?

ii) Write down the equation for alcoholic fermentation by yeast. 3+2=5

b) i) Name three genetically modified foods available in India.

ii) Why these are not approved food in India? 3+2= 5

c) i) What are the various types of dietary fibers?

ii) How are they different?

iii) Give two examples of the types of dietary fiber. 2+1+2=5

d) “Nutraceuticals can be used for their natural health-promoting benefit”— Discuss their role in (i) Diabetes and (ii) Cardio-vascular diseases (use suitable examples). 2½+2½=5

3. Answer any **two** of the following: 10×2=20

a) i) What is oxidative stress?

ii) What are the symptoms of oxidative stress?

iii) State how to reduce the oxidative stress. 2+4+4=10

b) i) Write briefly on the ‘Genetic Recombination Process’?

[Turn Over]

ii) What are the benefits of genetically modified food?

iii) What are the disadvantages that can happen with genetically modified food?

3+4+3=10

c) i) What are probiotics and prebiotics?

ii) What are the differences?

iii) Give four examples of both prebiotics and probiotics.

4+2+4=10

d) i) What is fortified food?

ii) Give some examples of fortified food made in India (at least four).

iii) What is the meaning of +F Logo for fortified food?

iv) What are some of the disadvantages of fortified food?

2+4+2+2=10
