

U.G. 1st Semester Examination - 2021**FOOD & NUTRITION****[HONOURS]****Course Code : F&N-H-CC-T-2****(Molecular and Advanced Nutrition)**

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) Write two advantages of cooking.
 - b) Write two major ingredients of tea.
 - c) Name two MUFA in human diet.
 - d) Name two salts used in food and their uses
 - e) What are the advantages of microwaving of food?
 - f) Mention two major nutritional roles of eating fish.
 - g) Name two antioxidants in common green leafy vegetable.
 - h) Name two major ingredients of milk and cheese.

2. Answer any **two** questions : 5×2=10
- a) How Pasteurization is done? What are the advantages?
 - b) Mention the major food groups with example.
 - c) What is nutritive value of food? What is balanced diet?
 - d) Mention different methods of milk processing.
3. Answer any **two** questions : 10×2=20
- a) What are food quality losses after deep frying? Write benefits of fermented food. Name three fermented food of Indian diet. Mention the health benefits of seasonal fruits. What are major nutritional benefits of dry fruits?
 - b) Write the major differences between milk protein and meat protein. What is functional food? Name one common functional food in your daily menu plan.
 - c) Classify different pulses. Mention the major proteins in it. What are major nutritional elements present in wheat?
 - d) Microwave cooking is safe for human health. Justify the statement. Mention the benefits and disadvantages of drinking coffee.